

**DR. BABASAHEB AMBEDKAR MARATHWADA UNIVERSITY,
CHHATRAPATI SAMBHAJINAGAR.**



Circular No. SU/Interdisciplinary Studies/M.A.Home Science/65/2024

It is hereby inform to all concerned that, on recommendation of Dean, Interdisciplinary Studies, the Hon'ble Vice-Chancellor has accepted the **minor changes in the Curriculum of M.A. Home Science First to Second Year [I to IV Semester] with Strcutre** as per the Norms given by the NEP-2020 under the Faculty of Interdisciplinary Studies in his emergency powers under Section-12[7] the Maharashtra Public Universities Act, 2016 on behalf of the Academic Council. These changes in the curriculum shall be applicable from the **Academic year 2024-2025 and onwards** as appended herewith. Earlier Published Curriculum vide circular dt. 21.09.2023 is stand cancelled.

All concerned are requested to note the contents of this circular and bring the notice to the all students, teachers and staff for their information and necessary action.

University campus,
Chhatrapati Sambhajanagar. -431 004.
Ref. No. SU/M.A./Home Sci./Curri./2024/
Date:- 20-02-2024/22088-99

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*Deputy Registrar,
Syllabus Section.*

Copy forwarded with compliments to :-

- 1] **The Principals, affiliated concerned Colleges,
Dr. Babasaheb Ambedkar Marathwada University, Chhatrapati Sambhajanagar.**
- 2] **The Director, University Network & Information Centre, UNIC, with a request to upload this Circular on University Website.**
- 3] **Copy to :-**
The Director, Board of Examinations & Evaluation,
 - 1] **The Section Officer, [B.A. Unit] Examination Branch,**
 - 2] **The Section Officer, [Eligibility Unit],**
 - 3] **The Programmer [Computer Unit-1] Examinations,**
 - 4] **The Programmer [Computer Unit-2] Examinations,**
 - 5] **The In-charge, [E-Suvidha Kendra],**
 - 6] **The Public Relation Officer,**
 - 7] **The Record Keeper,**
 - 8] **Dr. Babasaheb Ambedkar Marathwada University, Chhatrapati Sambhajanagar.**

**DR. BABASAHEB AMBEDKAR
MARATHWADA UNIVERSITY,
CHATRAPATI SAMBHAJINAGAR**



Revised Curriculum As Per National Education Policy-2020

**M.A. Home Science
First to Second Year**

**First to Fourth Semester
[Ist to IVth]**

[EFFECTIVE FROM 2023-2024 & PROGRESSIVELY]

A handwritten signature in blue ink, likely of the Vice-Chancellor, is written in the bottom right corner of the page.

DR BABASAHEB AMBEDKAR MARATHWADA
UNIVERSITY AURANGABAD



2 Years M.A.

Programme

Course Structure

Subject: Home Science

Effective from Academic year from

2023-2024

M. S. Khandat
Prof. M. S. Khandat.

M. S. Khandat

Prof. M. S. Khandat
Chairman
B.O.S. Home Science

ASA

Dr. Ananta Agrawal.
BOS Home Sc.
Member

Dr. J. V. Nikalge

Dr. J. V. Nikalge
BOS Home Sc.
member

Dr. S. H. Sheikh

Dr. S. H. Sheikh
BOS Home Sc.
So member

B Program Structure

Nomenclature	Semester
P.G. Diploma	I & II
P.G. Degree	III & IV

Name of Course: - Home Science

Program Specific Outcome (PSO):

Aims & Objectives of Syllabus

The M.A/Program in Home Science at 6th, 6.5th level outline the educational context in which Home Science Syllabus has been framed. These aims may be achieved by the use of formative & Summative assessment for practical, actual field visits, on job Training through application of specific Home Science Skills.

Program objectives:

- Students receive education of adulthood and old age stages of Human life.
- Access to advance nutrition and clinical and therapeutic nutrition for wholesome development and health.
- Enhance ability to address problems through managerial skills by use of appropriate resources.
- Learn about of traditional textile & clothing.
- Apply widening concepts of extension education with reference to Home Science Discipline.
- Field projects/On job training for Specific skills are the ways of success in employment generation and thereby improving standards of life.
- Research approach by preparing research design and undertaking it in all the disciplines of Home Science.

M.A. First Year Home Science (P.G. Diploma in Arts)

PO-1: Program Outcomes:

At the end of the program following outcomes are expected from students:

- Learn about the importance of early childhood education and management of early childhood education in today's challenging computer world.
- Application of entrepreneurial skills of dress designing and manufacturing.
- Knowledge about Adulthood and old age of life as an important aspect of human being.
- Develop and apply different communication techniques for development of rural society.
- Learn about traditional textiles, textile handicrafts and natural fibers.
- Implement scientific research methods in all areas of Home Science.
- Create awareness about Community health management and advance nutrition.
- Acquaint students with knowledge of clinical and therapeutic nutrition.
- Learn the detailed aspect of marriage and family.

M.A. Second Year Home Science / P.G Degree in Arts

PO-2: Program Outcomes:

BA
Bos Member

At the end of the program following outcomes are expected from students:

- Knowledge of Extension, rural development and community health management.
- Learn about the concepts of Clinical and therapeutic nutrition and geriatric nutrition for maintenance of health.
- Acquaint with early childhood education.
- Knowledge about food service management.
- Practical knowledge of diet counseling, nutrition, patient care & hospitality management having occupational value.
- Apply research design technique to undertake the research project on the topic related to Home Science.
- Learn about women and Child welfare, Women empowerment and communication system.
- Practical based knowledge of resources and advance resources management.



Dr. Babasaheb Ambedkar Marathwada University , Aurangabad

As per the Curriculum of National Education Policy

Curriculum Structure and Scheme of Evaluation for **M.A.I Year, Semester I**

Department of Home Science

Outcome Based Education

Paper Code	Title of the Course / Paper	Scheme of Teaching (Period per week)			Scheme of Evaluation Marks				
		T	P	Total	Theory Exam	Internal	Practical	Total Marks	Total Credits
HSC-I	Human Development (Early Child Education)	04	-	04	60	40	-	100	04
HSC-II	Apparel Designing & Construction	04	-	04	60	40	-	100	04
HSC-III	Communication Techniques & Computer Application	04	-	04	60	40	-	100	04
HSCP-I	Practical-Apparel Designing and Construction + Techniques & Computer Application	-	04	04	-	20	30	50	02
HSE-I	(One from Basket) 1: Natural Fibre & Dyes 2:-Traditional Textiles & Regional Clothing of India 3: Textile Handicrafts	04	-	04	60	40	-	100	04
R.M	Research Methodology	04	-	04	60	40	-	100	4
Total		20	04	24	300	220	30	550	22



Dr. Babasaheb Ambedkar Marathwada University, Aurangabad

As per the Curriculum of National Education Policy

Curriculum Structure and Scheme of Evaluation for **M.A.I Year, Semester II**

Department of Home Science

Outcome Based Education

Paper Code	Title of the Course / Paper	Scheme of Teaching (Period per week)			Scheme of Evaluation Marks				
		T	P	Total	Theory Exam	Internal	Practical	Total Marks	Total Credits
HSC-IV	Human Development (Management for Early Childhood Education)	04	-	04	60	40	-	100	04
HSC-V	Extension Education	04	-	04	60	40	-	100	04
HSC-VI	Advance Nutrition	04	-	04	60	40	-	100	04
HSCP-II	Advance Nutrition Practical	-	04	04	-	20	30	50	02
HSE-II	(One from Basket) 1: System of Extension Education 2: Management of Entrepreneurship Development 3: Gender & Development	04	-	04	60	40	-	100	04
OJT/FP	On Job Training	-	08	08	-	100		100	04
	Total	16	12	28	240	280	30	550	22



Dr. Babasaheb Ambedkar Matathwada University , Aurangabad

As per the Curriculum of National Education Policy

Curriculum Structure and Scheme of Evaluation for **M.AII Year, Semester III**

Department of Home Science

Outcome Based Education

Paper Code	Title of the Course / Paper	Scheme of Teaching (Period per week)			Scheme of Evaluation Marks				
		T	P	Total	Theory Exam	Internal	Practical	Total Marks	Total Credits
HSC-VII	Extension & Community Health Management	04	-	04	60	40	-	100	04
HSC-VIII	Clinical & Therapeutic Nutrition	04	-	04	60	40	-	100	04
HSC-IX	Mental Health & Counselling	04	-	04	60	40	-	100	04
HSCP-III	Clinical & Therapeutic Nutrition Practical	-	04	04	-	20	30	50	02
HSE-III	(One from Basket 1: Home Based Catering 2:-Nutrition & Fitness 3: Nutrition Therapy in Health & Diseases	04	-	04	60	40	-	100	04
R.P	Research Project	-	08	08	-	100	-	100	04
Total		16	08	28	215	280	30	550	22



Dr. Babasaheb Ambedkar Matathwada University, Aurangabad

As per the Curriculum of National Education Policy

Curriculum Structure and Scheme of Evaluation for **M.A.II Year, Semester IV**

Department of Home Science

Outcome Based Education

Paper Code	Title of the Course / Paper	Scheme of Teaching (Period per week)			Scheme of Evaluation Marks				
		T	P	Total	Theory Exam	Internal	Practical	Total Marks	Total Credits
HSC-X	Women & Child Welfare	04	-	04	60	40	-	100	04
HSC-XI	Advance Resource Management	04	-	04	60	40	-	100	04
HSC-XII	Women Empowerment & Communication System	04	-	04	60	40	-	100	04
HSE-IV	(One from Basket) 1: Public Nutrition & Dietetics 2: Household Equipments 3: Hospitality Management	04	-	04	60	40	-	100	04
Research Project	Research Project in Home Science.	-	12	12	-	100	50	150	06
Total		16	22	---	240	260	50	550	22

**M.A. Home Science Semester I
Discipline Specific Course (HSC I)**

The Course Home Science in I Semester has **Early Child Education** Course paper I for **Four** credits:
The paper is compulsory. Details of the course is as under

Cours e No.	Type of Cours e	Theory/ Practic al	Credit s	Instruct ion hour per week	Total no. of lectures/ Hours/ Semester	Durati on of Exam	Form ative Assess ment Mark s	Summ ative Assess ment Marks	Total Mark s
01	HSC I	Theory	04	04	60	2 hour	40	60	100

Formative Assessment- 40 Marks: -

Sessional Activity: - 40 Marks,

Summative Assessment – 60 marks: - Semester end exam marks 60

Title: Early Child Education

Course Outcomes (CO)---

After completion of course (No. 1) Students will be able to:

CO1: Understand the principles and to develop interest and ability of childhood care and education.

CO2: Develop the skills & techniques to plan and conduct activities in earlier childhood care & education centres of different types and to work effectively with parents and community.

CO3: Interact effectively with parents and community.

CO4: Develop the concern regarding child's health and wellbeing & to train /mould him in a socially acceptable manner.

Syllabus-

Title: Early Child Education

Unit I) Preschool Children Care,

Chapter 1 i) Introduction to early childhood Concept of early childhood
ii) Characteristics

Chapter 2 Physical and motor, social, emotional cognitive and language development, Behavioural Problems in early childhood. (Brief Review).
Growth Monitoring of Early Childhood

Chapter 3 Happiness & common interest in early Childhood., Hazards during Early Childhood.

Unit II Principles of Early Childhood Care

Chapter 4 Importance need & scope of early childhood care & education.
Substitute care-at home and outside

a) By Parents, Grandparents, other at home
b) Outside home- crèche /day care centre, Play centre

Chapter 5 Historical Development of Preschool Education
Western Methods and Philosophies: Comenius, Rousseau, Pestalozzi, Froebel, Montessori and Dewey etc

Chapter 6 Indian Methods and Philosophies: Tagore, M.K. Gandhi, Giju Bhai Bhadaka & Tara bai Modak. Principles, (application and limitations) etc.

Unit III) Nursery School Building and Equipment's

Chapter 7
i) Site & Location Plan of preschool
ii) Types of preschool buildings,
iii) Space for indoor & outdoor games

Chapter 8-PlayEquipment's - Play Equipment according to various development

	Total Hours: 45
Unit I) Preschool Children Care,	15 hrs
Chapter 1 i) Introduction to early childhood Concept of early childhood ii) Characteristics	5 hrs
Chapter 2 Physical and motor, social, emotional cognitive and language development, Behavioural Problems in early childhood. (Brief Review). Growth Monitoring of Early Childhood	5 hrs
Chapter 3 Happiness & common interest in early Childhood., Hazards during Early Childhood.	5 hrs
Unit II Principles of Early Childhood Care	15 hrs
Chapter 4 Importance need & scope of early childhood care & education. Substitute care-at home and outside a) By Parents, Grandparents, other at home b) Outside home- crèche /day care centre, Play centre	5 hrs
Chapter 5 Historical Development of Preschool Education Western Methods and Philosophies: Comenius, Rousseau, Pestalozzi, Froebel, Montessori and Dewey etc	5 hrs
Chapter 6 Indian Methods and Philosophies: Tagore, M.K. Gandhi, Giju Bhai Bhadaka & Tara bai Modak. Principles, (application and limitations) etc.	5 hrs
Unit III) Nursery School Building and Equipment's	15hrs
Chapter 7 i) Site & Location Plan of preschool ii) Types of preschool buildings, iii) Space for indoor & outdoor games	5 hrs
Chapter 8-PlayEquipment's - Play Equipment according to various development	9 hrs

Chapter 9 -Use of advanced Electronic games for Preschool Children and its Effects.	5 hrs
Unit-IV Formal and Non-formal education	15 Hrs
Chapter-10 Play way methods	5hrs
Chapter-11 Integrated approach to teaching, learning, experiences.	5hrs
Chapter-12 Psychological effect of pressure on education / play activities	5hrs

Transactional Mode- Lecture-cum-Discussion, seminars, Assignments & group discussions

Related activities/sessional (Any two)

1. Visits to Day—care-centers, ICDS, Balwadi, Anganwadi, Creche etc.
2. Observation & Participation in the nursery school, Preschool, crèches & day care centre for a week.
3. Planning & preparation of teaching aids & materials needed for young children such as puppets, posters, blocks, flash cards or any other.
4. Observation of a child in Nursery School for his developmental stage for one month in the following areas and submission.
 - i) Physical- Height and Weight
 - ii) Motor skills, Handedness
 - iii) Emotional Development
 - iv) Play Activity
 - v) Group Play
 - vi) Language
 - vii) Social Development
 - viii) Peculiar Behavior
 - ix) Find I.Q. of students of preschool class

REFERENCES:

1. Bhatia & Bhatia (1995). Theory and Principles of Education, Doaba House, Delhi.
2. Brewae, J.A. 1998 Introduction to early childhood Education third Ed. Botton: Ahyn & Bacaon.
3. Carol : E.C. and Jan Allen (1933). Early Childhood curriculum, University of Tennessee, New York: Macmillan.
4. Day Barbara (1989). Beginning and Beyond, Second Education, Dalmar Pub. Inc.
5. Grewal, J.S. (1984). Early childhood Education, agra National Psychology Corporation Pub.
6. Hydebrand Verma (1981). Introduction to Early Childhood Education N.Y, Macmillan.
7. Jinkinse. E. (1977) a Practical guide to early childhood curriculum, C.V. Mostey Co.
8. Kaul V. (1971). Early Childhood Education Programmes New Delhi. NCERT.
9. Kohn Ruth (1992). The Exploring child, Mumbai Orient Longman.

10. Kulkarni S. (1998) Parent Perspectives and Approaches. Jaipur, Ravat Publications.
11. Mohati & Mohati (1996). Early Childhood Care & Education New Delhi Deep & Deep Publication.

M.A. Home Science I Semester

Discipline Specific Course (HSCII)

The Course **Home Science** in I Semester has **Apparel Designing and Construction** Course Paper II-- for **Four** credits: The Paper is compulsory. Details of the course is as under:

Course No 1 (Paper No. II)

Course No.	Type of Course	Theory/ Practical	Credits	Instruction hour per week	Total no. of lectures/ Hours/ Semester	Duration of Exam	Formative Assessment Marks	Summative Assessment Marks	Total Marks
01	HSCII	Theory	04	04	60	2 hours	40	60	100

Formative Assessment- 40 Marks: -

Home Assignments marks: - 40 Marks,

Summative Assessment – 60 marks: - Semester end exam marks-60

Title: Apparel Designing and Construction

Course Outcomes (CO)

After completion of course Students will be able to

Co. 1 to develop skills in dress designing & clothing construction.

Co. 2 Use and apply the concept and techniques of pattern making, laying out and cutting

Co. 3 Apply the learnt concept of fit evaluation

Syllabus-	Total Hours: 45
Title: Apparel Designing and Construction Unit - 1 - General Principles of clothing construction. Chapter-1 Fabric Identification- 1. Fabric Count, methods of counting fabric count, Balance of cloth 2. Different widths of fabric. 3. Selvage, its importance and types Chapter- 2 1. Importance of taking body measurements 2 Types of body measurement and guidelines for taking body measurements 3. Chest measurement System Chapter-3 Preparatory steps for garment construction 1. Fabric-grain 2. Preparatory steps- preshrinking, straightening and truing 3. Layouts for patterns- general guidelines, basic layouts- lengthwise, partial lengthwise, crosswise, double fold, open, combination fold 4. Pinning, marking and cutting 5. Layouts for fabrics- Unidirectional, bold and large prints, plaids, stripes and checks, various widths of fabrics	15 hrs
Unit- II Pattern Making Chapter-4 Drafting technique- Method, types of drafts, Advantages and Disadvantages Chapter-5 Flat pattern method- Method, Darts and dart manipulation, advantages and disadvantages. Chapter-6 Draping method- Method, making Dress form, advantages and disadvantages	15 hrs

Unit-III Fitting Chapter-7 Figure irregularities and common problems encountered in fitting of garments. Chapter-8 Factors affecting good fit. Chapter-9 Basic alteration remedies for fitting defects. Neckline Shoulder Armhole Bust line Waist length and round waist.	15hrs
Unit-IV Fashion Chapter-10- Fashion Terminology, Fashion Adaptation Theory Chapter-11- Principles of Fashion, Fashion Cycle Chapter-12- Factors influencing Fashion	15hrs

Transactional Mode Lecture-cum-Discussion, seminars, Assignments & group discussions

Related activities/Sessionals (Any two) Report writing

1. Visit to review Textile mills & museums in India. (Use of Internet direct).
2. Visit to small scale Industry - Pathani weaving centre.
3. Visit to Boutique
4. Visit to tailoring classes

Books Recommended for Theory and Practicals

1. Deulkar D. "House Hold Textile & Laundry Work" Atmaram & Son. New Delhi.
2. Dantyagi "Fundamentals of Textile & their care" 4th Edition, Orient Laongman Ltd. New Delhi-110002.
3. Isabel B.W., Textile Fabrics & Their selection. 8th Edition, Prentice Hall Inc. Eaglewood Cliff.
4. Fraef J.L. Concepts of Clothing Mc Graw Hill, New York.
5. A complete guide to fashion designing- Jenny Davis
6. Text book of clothing & Textiles by Sushma Gupta, Neru garg, Renu sani, Kalyani Publishers, Gedhan.
7. Zarakpar-Complete guide to stitches- Vol. I & II- Zarakpar, Navneet Publication, Mumbai.
8. Clothing for modern-Erwin M.D.
9. Fashion design & Product development- Lou Harold & Pomerony John, 8. Know about fabric & their manufacturing-K- Thomas.
10. वस्त्रशास्त्राची संकल्पना आणि फॅशन डिझायनिंग -डॉ. यु.के. वैरागडे आणि डॉ. ए.एस अग्रवाल, Vidya books publication, Aurangabad

Discipline Specific Course (HSC III)

The Course **Home Science** in I Semester has **Communication Techniques and computer Application**
 Course paper for **Four** credits:. The paper is compulsory. Details of the course is as under

Cours e No.	Type of Cours e	Theory/ Practic al	Credit s	Instruct ion hour per week	Total no. of lectures/ Hours/ Semester	Durati on of Exam	Form ative Assess ment Mark s	Summ ative Assess ment Marks	Total Mark s
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01	HSC III	Theory	04	04	60	2 hrs	40	60	100
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Formative Assessment- 40 Marks: -

Home Assignments marks - 40 Marks,

Summative Assessment – 60 marks: - Semester end exam marks 60

Course Title: Communication techniques and Communication System

After completion of course Students will be able to

- Co. 1 learn the importance of good communication
- Co. 2 develop skills about the use of communication methods and media
- Co. 3 acquire knowledge about various communication system

Title: Communication techniques and Communication System	Total Hours:
Unit - 1 – Communication Process	15 hrs
Chapter-1 Nature, scope and functions of communication. Rule of Five Seven C's in communication	05
Chapter- 2 Communication Models	05
Chapter-3 Barriers in Communication	05
Unit- II Methods of Communication	15 hrs
Chapter-4 Individual- Interview, Personal consultations	05
Chapter-5 Small Group- Role play, Demonstration	05
Chapter-6 Mass Communication- Printing materials, Audio Visual aids	05
Unit-III Communication System	15hrs
Chapter-7 Meaning, Principals, nature, Role and Significance of communication system.	05
Chapter-8 Types of communication system- mass communication and visual communication.	05
Chapter-9 Use of ICT in communication- Advantage and limitation, Government Policies and regulation on mass media in India	05
Unit- IV Leadership	15 hrs
Chapter-10-Concept, Importance and Characteristic.	05
Chapter-11 Qualities of-Leader	05
Chapter-12 Functions and role of leadership in development of community.	05

Transactional Mode Lecture-cum-Discussion, seminars, Assignments &group discussions

Related Activities/Sessional (Any two)

1. Preparation of PPT & CD on related Topic
2. Preparation of transparency & Slide
3. Preparation of IEC material on various topics of different target audience.

4. Dealing with various issues in development communication through the use of folk media, leaflets, newspapers stories and reports, exhibitions, computer aided technologies.
5. Project Preparation on specific area in development communication.

Books Recommended:-

1. Dahama O.P. and Bhatnagar O.P.: "Education & Communication for development Oxford and I.B.H. Publishing Co. New Delhi, 1977.
2. J.K. Singh: Mass Media and Information Technology (Issue for 21st Century) Mangal Deep Publication, Jaipur.
3. Kumar K.J.L. Mass Communication in India, Jaico Publishing House, Mumbai, 1989.
4. Snell Shelagh and Carpenter Jeff, Communication in Travel and Tourism- Hodder and Stoughton Ltd. Kenit by page Bros.(Norwich) Ltd., 1990.
5. Leisikar V. Raymond and Petit D. John. "Business Communication", Richard D. Irwin, 1992.
6. R.K. Madhukar, "Business Communication", Vikas Publishing House, New Delhi.
7. K.K. Sinha, Business Communication.
8. "Business Correspondence and report writing", Sharma, RC and Mohan, K, Tata McGraw hill, 1994, "Model Business Letters," Gartside, L, Pitman, 1992.
9. Body Language by Allan Pease, Publisher Sheldon press.

Discipline Specific Elective (HSE-I)

The Course **Home Science** in I Semester has **IA) Natural Fibre & Dyes** Course paper I for Four credits. Choose any one from HSE-I A/B/C. Details of the course is as under

Cours e No.	Type of Cours e	Theory/ Practic al	Credit s	Instruct ion hour per week	Total no. of lectures/ Hours/ Semester	Durati on of Exam	Form ative Assess ment Mark s	Summ ative Assess ment Marks	Total Mark s
01	HSE - I :A/B/ C	Theory	04	04	60	2 hours 30 min	40	60	100

Formative Assessment- 40 Marks: -

Scrap Book Preparation/ sessional 40 Marks,

Summative Assessment – 60 marks: - Semester end exam marks 60

Course Outcomes (CO)

After completion of course (No. 1) Students will be able to

Co. 1 Gain a comprehensive understanding of different natural fibers, including their sources, characteristics, properties,

Co. 2 Gain in-depth exploration of natural dyes.

Co. 3 Learn about the history, extraction methods, and practical usage of natural dyes.

Syllabus- Title: Natural Fibre & Dyes	Total Hours: 60 hrs
Unit - 1 – Natural Fibers and Dyes Chapter-1: Introduction, History and Tabular classification of Natural Fibers	15 hrs

Chapter- 2 Overview of natural dyes, Classification and their historical significance Chapter-3 : Primary and secondary properties of fibres	
Unit- II Natural Plant Fibers Chapter-4 : Cotton- Introduction, Manufacturing Process, Physical and chemical properties Chapter-5 : Linen- Introduction, Manufacturing Process, Physical and chemical properties. Chapter-6 : Jute- Introduction, Manufacturing Process, Physical and chemical properties..	15 hrs
Unit-III Natural Animal and Mineral Fibre Chapter-7: Silk- Introduction, Types, Manufacturing Process, Physical and chemical properties. Chapter-8: Wool-Introduction, Types, Manufacturing Process, Physical and chemical properties. Chapter-9: Asbestos- Introduction, Manufacturing Process, Physical and chemical properties.	15hrs
Unit-IV Natural Dyes Chapter-10:Plant Dyes- Indigo, Alizarin, Logwood, Turmeric, sunflower, onion skin. Chapter-11:Animal Dyes _Cochineal, Tyrian Purple Chapter-12 : Mineral Dyes- Iron Buff, Ultramarine	15hrs

Transactional Mode Lecture-cum-Discussion, seminars, Assignments &group discussions

Books Recommended:-

1. "Textile Fibre Atlas: Cotton, Linen, Ramie, and Other Vegetable Fibres" by Fritz and Paetzold
2. "Handbook of Textile Fibres: Natural Fibres" by J. Gordon Cook
3. "The Dyer's Handbook: Memoirs of an 18th Century Master Colourist" by Dominique Cardon
4. "Natural Color: Vibrant Plant Dye Projects for Your Home and Wardrobe" by Sasha Duerr
5. "Wild Color: The Complete Guide to Making and Using Natural Dyes" by Jenny Dean
6. "The Art and Craft of Natural Dyeing: Traditional Recipes for Modern Use" by J. N. Liles
7. Deulkar D. "House Hold Textile & Laundry Work" Atmaram & Son. New Delhi.
8. वस्त्रशास्त्राची संकल्पना आणि फॅशन डिझायनिंग -डॉ. यु.के. वैरागडे आणि डॉ. ए.एस अग्रवाल, Vidya books publication, Aurangabad.

Related Activities/Sessional (Any two)

1. Prepare a Scrap book on Natural Fibers.
2. Market Survey on availability of different types of natural fibers.
3. Preparation of any one type of natural dye and its application on fabric.

Websites:

- The Sustainable Angle (<https://www.thesustainableangle.org/>): A non-profit organization providing information on sustainable textiles, including natural fibers and dyes.
- World Textile Information Network (WTiN) (<https://www.wtin.com/>): Offers industry news, reports, and resources related to textile fibers and dyes.
- Textile Exchange (<https://textileexchange.org/>): Provides information and resources on sustainable and organic textiles, including natural fibers and dyes.
- The Wild Dyer (<https://www.thewilddyery.com/>): Offers workshops, tutorials, and resources on natural dyeing techniques and plant-based dyes.
- The Botanical Colors (<https://botanicalcolors.com/>): Provides natural dye extracts, workshops, and resources for natural dyeing processes.

- Natural Dyeing (<https://naturaldyeing.com/>): A comprehensive resource on natural dyeing techniques, including information on fibers and dye sources.

HSE-IB- Traditional Textiles & Regional Clothing of India

Course Outcomes (CO) After completion of course (No. 1) Students will be able to

- Co. 1 Learn about traditional textile techniques employed in different regions of India, such as weaving, block printing, tie-dyeing, embroidery, and more.
Co. 2 Understand the concept of regional costumes in India and their role in reflecting cultural diversity.
Co. 3 Understand contemporary adaptations and influences on Indian regional costumes

Syllabus- Title: Traditional Textiles & Regional Clothing of India		Total Hours: 60 hrs
Unit - 1 - Traditional Indian Textiles and Regional Costumes of India Chapter-1 Introduction and history of Indian textiles Chapter- 2 -Introduction and history of Indian costumes Chapter-3- Overview of development of textiles industry in India		15 hrs
Unit- II Traditional textiles of India Chapter-4 - Resist dyed Textiles of India-Patola, Ikkat ,Bandhani Chapter-5 - Printed Textiles of India Bagru Print, Sanganer Print, Ajrak Print, Kalamkari Chapter-6 Woven Textiles of India –Paithani, Chanderi,Banarasi Brocade, Heemroo, Baluchari-textiles.		15 hrs
Unit-III Indian costumes through ages Chapter-7 : Harappan period to the Mauryan times Chapter-8 :Second century BC to 11th century A.D Chapter-9 :The era of Sultan and Mughal emperor.		15 hrs
Unit-IV- Regional costumes of India Chapter-10 : Male and female costumes of Northern and Western region- Kashmir , Himachal Pradesh, Punjab, Rajasthan, Gujarat, Uttar Pradesh, Madhya Pradesh Chapter-11: Male and female costumes of eastern region- Bengal and Orissa ,Sikkim, Assam, Meghalaya, Tripura, Manipur, Mizoram, Nagaland, Arunachal Pradesh Chapter-12 : Male and female costumes of Southern region Maharashtra ,Karnataka, Andhra Pradesh, Tamil Nadu ,Kerala		15 hrs

Transactional Mode Lecture-cum-Discussion, seminars, Assignments &group discussions

Related Activities/Sessional (Any two)

1. Prepare a Scrap book on Traditional Textiles (Any Five).
2. Prepare a Scrap book on Regional Costume of any one region.
3. Prepare a Scrap book on Ancient costumes of any one era.

Books Recommended:-

1. Traditional Indian Costumes and Textiles, Dr. Parul Bhatnagar, Abishek Publications, Chandigarh (2004).
2. Traditional Indian Textiles, Russel Gillow, Nicholas Barnard, Thames and Hudson Ltd., London. (1991)
3. Hand woven Fabrics of India, Dhanija Jain . Mapin publishing, Ahmedabad (1989) .
4. Costumes and Textiles of Royal India, Ritu Kumar, Christieâ€™s Books, London (1999).
5. Indian Textiles: Past and Present" by G. N. Pant
6. "Costumes and Textiles of Royal India" by Ritu Kumar
7. "The Sari: Styles, Patterns, History, Techniques" by Linda Lynton
8. "Indian Costumes in the Collection of the Calico Museum of Textiles" by Rta Kapur Chishti

9. "Traditional Indian Costumes and Textiles" by Jasleen Dhamija
10. "Handwoven Fabrics of India" by R. Neelamegam
11. "Costumes and Ornaments of Chamba" by O.C. Handa
12. "Indian Costumes" by Roshen Alkazi
13. "The Costumes and Textiles of India" by J.B. Balsara
14. "The Costumes and Textiles of India: Unity in Diversity" by Shilpa Shah
15. वस्त्रशास्त्राची संकल्पना आणि फॅशन डिझायनिंग -डॉ. यु.के. वैरागडे आणि डॉ. ए.एस अग्रवाल, Vidya books publication, Aurangabad.

Websites:

Indian Textile Sourcing (www.indiantextilesourcing.com)
 Textile Tour India (www.textiletourindia.com)
 Calico Museum of Textiles (www.calicomuseum.com)
 National Institute of Fashion Technology (www.nift.ac.in)
 Sutra: The Indian Textile Journal (www.indiantextilejournal.com)
 Crafts Council of India (www.craftscouncilofindia.org)
 Virtual Costume Museum (www.virtualcostumemuseum.com)
 Crafts Museum, Delhi (www.craftsmuseum.org)
 Textile Heritage Museum, Ahmedabad (www.texmin.nic.in/heritage_museum)
 Indian Costume and Textile Research Centre (www.indiancostume.in)

Course Outcomes (CO) HSE-IC-

After completion of course Students will be able to

Co. 1 Students will gain a comprehensive understanding of textile handicrafts.

Co. 2 Students will gain an appreciation for the cultural and historical significance of textile traditions

Co. 3 Students will gain knowledge different regional embroideries.

.Syllabus	Total Hours:60
Title: HSE-I C Textile handicrafts	
Unit - I - Introduction to Textile Handicraft Chapter-1 -Overview of textile handicraft and its significance Interrelationship of Foods; nutrition, diet and health Chapter- 2 -Historical development of textile handicraft traditions Chapter-3-Introduction to various textile materials, tools, and equipment	15 hrs
Unit- II Carpets Chapter-4 Kashmiri carpets Chapter-5 Rugs and carpets of Rajasthan Chapter-6 Carpets of Uttar Pradesh	15 hrs
Unit-III Embroidery craft Chapter-7 Introduction to regional embroideries and its role in textile handicraft Chapter-8 Traditional and contemporary embroidery styles of Northern region- Kashmiri, Phulkari, Chamba Rumal, Chikankari Chapter-9 Traditional and contemporary embroidery styles of southern western and eastern region- Kasuti, Kantha, Kutch and Kathiyawad	15hrs
Unit-IV Textiles Handicraft Industries (survey and report writing Chapter-10- Khadi Industries Chapter-11- Solapur textile industries Chapter-12- Banaras Handloom Industries.	15hrs

Transactional Mode Lecture-cum-Discussion, seminars, Assignments &group discussions
Related Activities/Sessional (Any two)

1. Report writing on Khadi Industry.

2. Prepare a Scrap book on Traditional Embroidery of India.
3. Prepare a handicraft article.

Books Recommended:-

1. Havell, E. B. (1908). Indian sculpture and painting. John Murray, London.
2. Coomaraswamy, Ananda K. (1914). Visvakarma ; examples of Indian architecture, sculpture, painting, handicraft. London.
3. Havell, E. B. (1920). A Handbook of Indian Art. John Murray, London.
4. Indian Painting, by Percy Brown. Published by Y. M. C. A. publishing house, 1960.
5. Lerner, Martin (1984). The flame and the lotus: Indian and Southeast Asian art from the Kronos collections. New York: The Metropolitan Museum of Art. ISBN 0-87099-374-7.
6. Ramayana by Valmiki illustrated with Indian miniatures from the 16th to the 19th century, Diane de Selliers Publisher, 2011, ISBN 978-2-903656-76-8
7. Welch, Stuart Cary (1985). India: art and culture, 1300-1900. New York: The Metropolitan Museum of Art. ISBN 978-0944142-13-4.
8. "Indian Embroideries" by Jamila Brij Bhushan
9. "Indian Embroidery" by Rosemary Crill
10. "The Art of Indian Asia: Its Mythology and Transformations" by Heinrich Zimmer
11. "The Story of Indian Embroidery" by Sonia Ashmore
12. "Traditional Indian Embroidery" by Shailaja D. Naik

Web links

1. <http://www.camelcraft.com/karnataka-handicrafts.html>
2. <http://blog.mapsofindia.com/handicrafts/north-india-handicrafts/>
3. <http://ignca.nic.in/craft001.htm>
4. <http://blog.mapsofindia.com/handicrafts/west-india-handicrafts/>
5. Crafts Council of India (www.craftscouncilofindia.org)
6. Dastkari Haat Samiti (www.dastkar.org)
7. Indian Crafts (www.indiancrafts.com)
8. The Indian Textile Journal (www.indiantextilejournal.com)
9. Indian Embroideries (www.indianembroideries.org)
10. Crafts Museum, New Delhi (www.craftsmuseum.org)
11. Indiacrafts.com (www.indiacrafts.com)
12. Crafts of India (www.craftsofindia.com)

Research Methodology (HSRM)

The Course **Home Science** in I Semester has **Research Methods & Statistics** Course paper for **Two** credits. The paper is compulsory. Details of the course is as under

Course No.	Type of Course	Theory / Practical	Credits	Instruction hour per week	Total no. of lectures/ Hours/ Semester	Duration of Exam	Formative Assessment Marks	Summative Assessment Marks	Total Marks
01	HSRM	Theory	04	04	60	2 hrs	40	60	100

Formative Assessment- 40 Marks: -

Home Assignments marks- 40 Marks,

Summative Assessment – 60 marks: - Semester end exam marks 60

Course Title: Research Methodology & Research Statistics

Course Outcomes (CO)

After completion of course Students will be able to

CO1.To understand the significance of statistics and research methodology in Home Science Research.

CO2. To understand the Application of appropriate statistical techniques for research

design.

CO3.To know the sampling methods for research work.

Syllabus- Title: Research Methodology & Research Statistics	Total Hours:60
Unit - 1 - Introduction to research methods and statistics Chapter-1 Research methods- i) Meaning, definition and importance of research methods. Types of research - Historical, Survey, experimental, case study, Social, participatory. ii) Statistics-Meaning, Definition & characteristics of statistics. iii) Role of statistics & research in Home Science discipline iv) Interrelationship of Foods; nutrition, diet and health Chapter- 2 : Research Design i) Introduction, definition and Importance of research design. ii) Types of Research design - Exploratory, Descriptive, Diagnostic; Experimental Chapter-3: Steps of Research method. i) Identification of problem- meaning, definition, factors ii) Hypothesis - Meaning & types, limitations iii) Data collection- sources of data. Primary- Direct observation, Questionnaires, Interview, group discussion, schedule, case study, scaling methods & Home Visits Secondary - Personal documents, Public records & reports, Role of library v) Reliability and validity of data collection instrument (measuring tools)	15hrs
Unit- II Sampling & Data analysis. Chapter-4 - Sample selection i) Meaning, Definition of sample, size of sample. ii) Selection of sample- Probability & types of Sample - Systematic, random, two stage, multistage. Non Probability sampling - Purposive, Quota, Volunteer/self-selection, snowball. Chapter-5 - Pilot study and data analysis (i) Pilot study - Definition & Characteristics) Data analysis - Meaning, Definition, importance, steps. Classification, tabulation interpretation of (ii) statistical information Chapter-6 -Dramatic and graphic presentation of data i) Dramatic presentations & graphical presentation of data	15hrs
Unit- III Report Writing Chapter-7 - Introduction, Definition & objectives of report writing. Chapter-8- Factors of report writing - Introduction, Review of Literature, Methodology, result & Discussions, Summary and Conclusion, Bibliography, Appendices Chapter-9- Preparation of research design on selected topic to be conducted in fourth semester	15hrs
Unit- IV Statistical Techniques Chapter-10- Introduction, Definition, Chapter-11- Use of mean, median & mode. Chapter-12- Calculate mean median and more from scores of any class	15hrs

Transactional Mode Lecture-cum-Discussion, seminars, Assignments & group discussions
 Related activities/Sessionals (Any two)

1. Prepare PPT on Research Project
2. Formulation of Research Project
 - i) Introduction
 - ii) Importance
 - iii) Objectives
 - iv) Review of Literature
 - v) Hypothesis
 - vi) Research Methodology.
 - vii) Result & Discussion
 - viii) Summary & Conclusion
 - ix) Bibliography
3. Prepare a CD on any topic related to subject.

Books Recommended

1. Bandarkar, P.L. and Wikinson 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. Kerlinger:m Foundation of Education Research.
4. An Introduction of Science research : E. B. Wilson.
5. An n handbook of methodology research : Dr. R.R. Deodar.
6. Methods in social Research :Goode & Half.
7. Ajit Kumar Parnaik (2000) Research Methodology in social science, coomonwelth publishers, darya Ganj, New Delhi.
8. Dr. Suman Bahare Samajik Sushodhan Padhati Vidhya Prakashan, Ruikar road, Nagpur.
9. R.R. Mule V. L. Umale Shikshanik Mutatve Maharashtra University Nirmit Mandal Nagpur.
10. Dr. Kachode Samajik Saushodhan Padhati Kailas Publication, Aurangapaura.
11. Prof. Khatode, Samajshastra Saushodhan Tatve Va, Shri. Mangesh Prakashan, Nagpur
12. Dr. Deshkar, Prof. Deshpande Sankhikishastra.

M.A. Home Science I Semester

HSCP-1 (HSC-II+ HSC III)

The Course Home Science in I Semester has1) Apparel Designing and Construction and Communications Techniques & Computer Application Practical Course. The Paper is compulsory for Two credits:

Course No 1

Course No.	Type of Course	Theory/ Practical	Credits	Instruction hour per week	Total no. of lectures/ Hours/ Semester	Duration of Exam	Formative Assessment Marks	Summative Assessment Marks	Total Marks
01	HSCP-I	Practical	02	04	60	2 hours	20	30	50

Syllabus- Course 1:	Total
Title: Apparel Designing and Construction and Communications Techniques & Computer Application Practical	Hours:60
Unit - 1 – Apparel Construction	30 hrs
Chapter-I Draft Cutting and Stitching of Full Size 1. Salwar/ Straight pant/ palazzo 2. Kameez- Straight cut/ Anarkali	10hrs
Chapter- 2 Draft Cutting and Stitching of Full Size 1.Gown 2.Blouse- Princes cut/ Katori	10hrs
Chapter-3 Designing Making a Designer Duppata	10hrs
Unit- II Communications Techniques & Computer Application	30 hrs
Chapter-4 Planning & preparation of teaching aids -posters,blocks, flash cards or any other.	10hrs
Chapter- 5 –Puppets- Hand , Finger or Stick puppets.	10hrs
Chapter-6 Preparation of Ppt. (Any one with minimum 10 slides)	10hrs
Transactional Mode- Demonstration, Lecture, Guidance, participation, engagement	

Examination Pattern for Practical

Textile and Clothing Construction & Communications Techniques & Computer Application (Practical)

Stitching of Garment	:	20 Marks
Preparation of teaching aid	:	10 Marks
Record book	:	10 Marks
Full Size Garments	:	10 marks
Total	:	50 Marks

M.A. Home Science Semester II
Discipline Specific Course (HSC IV)

The Course Home Science in II Semester has **Human Development (Management for Early Childhood Education)** Course paper for Four credits:. The paper is compulsory. Details of the course is as under:

Cours e No.	Type of Cours e	Theory/ Practic al	Credit s	Instruct ion hour per week	Total no. of lectures/ Hours/ Semester	Durati on of Exam	Form ative Assess ment Mark s	Summ ative Assess ment Marks	Total Mark s
01	HSC IV	Theory	04	04	60	2 hrs	40	60	100

Formative Assessment- 40 Marks: -

Sessional Activity and Report Writing- 40 Marks,

Summative Assessment – 60 marks: - Semester end exam marks -60

Course Outcomes (CO)

After completion of course (No. 1) Students will be able to:

CO1: Understand the influence of various philosophers, education & theories on E.C.C.E.

CO2: Learn significance of E.C.C.E.

CO3: Develop the skills and techniques to plan and conduct activities in E.C.C.E. centers of different types and to work effectively with parents and community.

CO4: Identify special needs of exceptional children in educating them.

Syllabus- Title: Human Development (Management for Early Childhood Education)	Total Hours: 100
UNIT-I Management in Pre School Education	15 hrs
Chapter 1- Management i) Principles, long & short term, weekly & daily planning outline & schedules	5 hrs
Chapter 2- Activities ii) Activities for early childhood care & education iii) Activities of Preschool Routine activities storytelling, music &	5hrs
Chapter-3 Teaching aids & PTA iv) Rhymes, creative, activities, science experiences, social studies experiences, literature, reading, program, field trip, festivals & celebration. v) Preparation & use of teaching aids in Nursery school. vi) Different Ways for Parents Participation, Parent Teacher Association (PTA) Importance & its Activities.	5hrs
Unit II Teaching methods for Preschool Children	15 hrs

Chapter -4 Concept of formal & non-formal education i) Play way methods ii) Integrated approach to learning, teaching experience iii) Psychological effect of pressure on education and play activities	5hrs
Chapter-5 Discipline i) School discipline, rewards and punishment ii) Ways of ensuring effective institutional discipline	5hrs
Chapter-6 Accountability I) Accountability in School education ii) Methods used for assessment of accountability of Teaching &Non-Teaching staff.	5 hrs
Unit III Children with special needs	15 hrs
Chapter 7- Children with special needs-Definitions, causes & Need for Early Detection and Intervention.	05
Chapter 8- 1. Types of Disabilities: Characteristics. 1. Sensory Deficits- Visually & Hearing impairment, Blind children. 2. Mental Retardation 3. Learning Disabilities 4. Children with speech defects. 2. Gifted children – meaning classification characteristics, identification, education, special program.	5 hrs
Chapter-9 Common behavioural Problems of Pre School Children: Causes and Prevention.	5 hrs
Unit-IV Child Guidance and Counselling	15hrs
Chapter 10 Concept, aim, scope, Principle of guidance & counseling with Reference to Child development	5hrs
Chapter-11 Competencies of Child guidance worker & Counsellor	5hrs
Chapter-12 Process of Child Guidance and Counseling Different Technique of guidance and Counselling-Behaviour, Modification, Play Therapy, Case Study	5hrs
Transactional Mode- Lecture-cum-Discussion, Seminars, Assignments ,Group discussion.	

Related activities/sessionals (Any two)

- Visits to institutions and families for the study of (Any one)
 - Mentally challenged children
 - Blind Children
 - Deaf and dumb children
 - Physically crippled children
 - Children with speech defects
- Growth monitoring of Anthropometric measurements (Height, Weight and Head Circumference) of Early Childhood. (Ten sample)
- Presenting a Lecture / Demonstration /Seminar / Workshop on issues related to guidance & Counseling of Pre School Children.
- Evaluation of Nursery school time table and suggest changes if necessary.

REFERENCE

1. Bhatia & Bhatia (1995). Theory and Principles of Education, Doaba House, Delhi.
2. Brewae, J.A. 1998 Introduction to early childhood Education third Ed. Boton: Ahyn & Bacaon.
3. Carol : E.C. and Jan Allen (1933). Early Childhood curriculum, Unversity of Tennessee, New York: Macmillan.
4. Day Barbara (1989). Beginning and Beyond, Second Education, Dalmar Pub. Inc.
5. Grewal, J.S. (1984). Early childhood Education, agra National Psychology Corporation Pub.
6. Hydebrand Verma (1981). Introduction to Early Childhood Education N.Y, Macmillan.
7. Jinkinse. E. (1977) a Practical guide to early childhood curriculam, C.V. Mostey Co.
8. Kaul V. (1971). Early Childhood Education Programmes New Delhi. NCERT.
9. Kohn Ruth (1972). The Exploring child, Mumbai Orient Longman.
10. Kulkarni S. (1998) Parent Perspectives and Approaches. Jaipur. Ravat Publications.
11. Maxin G. (1988). The very young, California: words worth.
12. Mohati & (1996). Early Childhood care & education care & New Delhi Deep & Deep Publication.
13. Murlidharan, R. (1996). Guide to nursery school teacher. New NCERT.
14. Pankajam ,G. (1994) Preschool Education, Ambala: India Pub.
15. Rao V. and S. Khurshid-ul-ilam (Eds) (1997) Early Childhood care & Education, New Delhi Commonwealth Publication.
16. Read Katherine (1988). The Nursery School, Halt Rinehart & Winston.
17. Wagh Anutai : How to run a Balwadi. Thane, Gram Balshishan Kendra.
18. Sita –A Raman, Getting girls of school. UBSPD-U.B.S. Publication.
19. Aasha Prulekar, Mulanche Mansik tanav va Upachar Unmesh, Prakashan Pune.
20. Mohan Joshi, sujan palak-nirogi, vishal prakashan.
21. Prof, Ramesh Panse Bashikshan – Swarup va Navi Disha, Diamond Publication, Pune.

M.A. Home Science Semester II Discipline Specific Course (HSC V)

The Course **Home Science** in II Semester has **Extension Education** Course paper for **Four** credits:. The paper is compulsory. Details of the course is as under

Cours e No.	Type of Cours e	Theory/ Practic al	Credit s	Instruct ion hour per week	Total no. of lectures/ Hours/ Semester	Durati on of Exam	Form ative Assess ment Mark s	Summ ative Assess ment Marks	Total Mark s
01	HSC V	Theory	04	04	60	2 hrs	40	60	100

Formative Assessment- 40 Marks: -

Sessional Activity/ Report writing-40

Summative Assessment – 60marks: - Semester end exam marks 60

Course 1: Title: Extension Education

Course Outcomes (CO)

After completion of course (No. 1) Students will be able to

CO1: Understand the role of Home Science in Rural Development

CO2: Plan an Extension Education Program in Home Science

CO3: To develop skills in working with people.

Syllabus-	Total Hours: 45
Title: Extension Education	
Unit I Rural Sociology	15 hrs

Chapter 1 Rural Sociology Community, family, Groups and neighbourhood, Concept and Characteristics.	5 hrs
Chapter 2 Rural & Urban Community i) Rural and urban community characteristics ii) Social mobility, social interaction, social institutes, culture, social control and social change	5hrs
Chapter 3 Gender Concept Understanding concept related to gender differences for society and development perspective. Patriarchy, caste class, gender and education, economic empowerment and gender, and issues related to women.	5 hrs
Unit II Teaching Learning Process	15 hrs
Chapter 4 Learning & Extension program a) Concept of learning , Elements & Principle involved in Learning b) Learning experience	5hrs
Chapter 5 Types of Learning	5hrs
Chapter - Adult Learning	5hrs
Unit III Extension Program Planning	15hrs
Chapter 7 Extension Program Planning a) Meaning and importance of Extension Program Planning b) Principles of Extension Program Planning	5 hrs
Chapter 8 Steps in Program Planning	5 hrs
Chapter-9 Problems in implementation of an Extension Program	
Unit IV Support Structure and their function in extension education	15 hrs
Chapter 10 Role of State. District & Block level Bodies i) Panchayat Raj Institution in India ii) Zilla Parishad iii) State social welfare board	5 hrs
Chapter 11 Rural development Programme, agencies and voluntary organizations in rural development-	5 hrs
Chapter 12 Development Programmes for farm sector-FAO, NAREGA, TRYSEM Development Programmes for non-farm sector-ICDS,SGSY, NIPCD,WHO, DWACRA, Development agencies –RUDA, NABARD, ATMA, CAPARTC	5 hrs

Transactional Mode- Lecture-cum-Discussion, Seminars, Assignments, Group discussion.
Sessional Activities (Any Two)

1. Preparation of CD/DVD on any topic from five major areas-Human Development, Nutrition, dietetics extension, family resource management, textile & clothing.
2. Survey of rural community and need assessment (Report writing).

3. Assignment on rural development programmes.
4. Survey to any developmental organization / Government or Non-Government.

REFERENCES :

1. Dhama, O.P. & Bhatnagar, O.P. : Education and communication for Development, 1987.
2. Dhama, O.P. & Bhatnagar, O.P. : Communication for Development, 1991
3. Mandal, S. & Ray, G.L. A text Book of Rural Development, 2007.
4. Ray G.L. Extension Communication and management, 1999, Nays Prakashan, Calcutta.
5. Reddy, A.A. Extension Education , 1976, Shree Laxmi Press, Bapta A.B.
6. Extension Education in Community Development, Directorate of Extension Education, GOI, New Delhi.

M.A. Home Science Semester II Discipline Specific Course (HSC VI)

The Course Home Science in II Semester has Advance Nutrition Course paper for Four credits:. The paper is compulsory. Details of the course is as under

Cours e No.	Type of Cours e	Theory/ Practic al	Credit s	Instruct ion hour per week	Total no. of lectures/ Hours/ Semester	Durati on of Exam	Form ative Assess ment Mark s	Summ ative Assess ment Marks	Total Mark s
01	HSC VI	Theory	04	04	60	2 hrs	40	60	100

Formative Assessment- 40 Marks: -

Sessional Activity-40 marks

Summative Assessment – 60 marks: - Semester end exam marks 60

Course 1: Title: Advance Nutrition

Course Outcomes (CO)

After completion of course (No. 1) Students will be able to

CO1-To understand the basic concept of metabolism of nutrients.

CO2-To plan and prepare innovative foods.

CO-3 understand the importance of enrichment of food.

Syllabus- Title: Advance Nutrition	Total Hours: 45
Unit – I Carbohydrate	15 hrs
Chapter 1. Composition & classification a) Composition b)Classification & Distribution characteristics	5 hrs
Chapter 2.Functions & Dietary allowances a) Functions. b) Dietary allowances & food sources	5 hrs
Chapter 3. Digestion a. Dietary fibers. b. Digestion & metabolism of carbohydrates.	5 hrs
Unit – II Proteins and amino acid & lipids	15 hrs
Chapter 4-Proteins a. Composition, structure& Classification b. Function. c. Dietary protein requirements and allowances, biological value.	5 hrs

Chapter 5- Amino Acid Improving protein quality of foods. Food sources. Digestion & absorption and metabolism of protein (in brief). Protein deficiency - Causes, classification & nutritional remedies, malnutrition.	5hrs
Chapter 6 Lipids a. Classification & Characteristics b. Functions of Fats c. Essential fatty acids, Phospholipids, cholesterol. d. Dietary allowances. e. Food sources f. Digestion, absorption & metabolism (in brief).	5 hrs
Unit – III Energy Metabolism	15 hrs
Chapter 7 1.Introduction 2.Measurement, Kilocalories, Joules, Physiological Fuel and Specific Fuel	5 hrs
Chapter 8 Factors influencing the total energy requirement. a. Muscular activity b. Mental effort c. Cacogenic effect of food. d. Maintenance of body temperature e. Growth	5 hrs
Chapter 9 Measurement of energy Measurement of energy exchange of body: Direct & indirect calorimeter. Basal metabolism test, Factors influencing on BMR.	5 hrs
Unit-IV Mal Nutrition	15hrs
Chapter-10 -Definition and causes	5hrs
Chapter-11 -Over and Under nutrition	5hrs
Chapter-12 -Classification and Nutritional remedies	5hrs

Transactional Mode- Lecture-cum-Discussion, Seminars, Assignments , Group discussion.

Sessional Activities: (Any two)

1. Making and selling of products like pickles, masale, squash, dry chutneys etc.
2. Survey of new instant food products oat products, soya products, multigrain products.
3. Survey of malnourished child with corrective measures suggested.

REFERENCES

1. Robinson, C.H.: Normal and Therapeutic Nutrition.
2. Swaminathan, M : Essentials of food and Nutrition Vol. II BAPPCO Publication.
3. Shils M.E. Olon J.A., Shike M and Ross, A.C. (1999) Modern Nutrition in health & disease, 9th Edn. William & Wilkn.
4. Garrow, J.S. James, W.P.T. & Ralph, A (2000) "Human Nutrition & Dietetic" 10th Edn. Churchill livingstone.

HSE (HSE-II A/B/C)

The Course Home Science in II Semester has IIA) **System of Extension Education** Course paper for **Four** credits. The paper is compulsory. Choose any one from HSEII/A/B/C..
Details of the course is as under

Course No.	Type of Course	Theory/ Practical	Credits	Instruction hour per week	Total no. of lectures/ Hours/ Semester	Duration of Exam	Formative Assessment Marks	Summative Assessment Marks	Total Marks
01	HSE II :A/B/ C	Theory	04	04	60	2 hours 30 min	40	60	100

Formative Assessment- 40 Marks: -

Home Assignments/ sessional marks- 40Marks

Summative Assessment – 60 marks: - Semester end exam marks 60

Course Outcomes (CO) IIA) System of Extension Education

After completion of course (No. 1) Students will be able to

CO1- Understood system of extension education

CO2- Know the national extension system

CO3- Learn support structure & their functions in system of extension education

Syllabus- Title: IIA) System of Extension Education	Total Hours: 60 hrs
Unit - 1 – Concept of Extension Education	15 hrs
Chapter I i) Extension:- Meaning, changing concept of extension, philosophy, ii) Objectives, principles, functions,	5 hrs
Chapter II components of extension and Dimensions of extension	5 hrs
Chapter III Extension education : Meaning, process and principles of learning in Extension	5 hrs
Unit -2-. Extension models and approaches	15 hrs
Chapter I) Models: Technology 1– Innovation transfer model, social education model indigenization model, social action / conscientization models, Empowerment participation model, combination models.	5 hrs
Chapter II) Approaches Agricultural extension, commodity specialized, training and visit, participatory, project, turning systems development, cost sharing,	5 hrs
Chapter III Educational institution, integrated area, cluster and target approach	5 hrs
Unit-3 National Extension systems.	15 hrs
Chapter I Community Development Programme Genesis and growth, objective, Principles, critical appraisal of the community development programme	5 hrs
Chapter II ICAR extension systems Agricultural Universities, KVK, TTCs	5 hrs
Chapter III Extension System Extension systems of ministry of Rural Development, Department of science and technology. Department of Industries and Department of women and	5 hrs

child Development. Development work by NGO Government – NGO Collaboration	
Unit-IV Support Structures and their functions	15 hrs
Chapter I Panchayat, Panchayat Union and DRDA	5 hrs
Chapter II Central Social Welfare Board, State Social Welfare Board	5 hrs
Chapter III National Level Voluntary Agencies like – CAPART, KVC, Local Level Voluntary agencies. Peoples Organisation at grass roots – SHG's, elected panchayats	5 hrs

Transactional Mode- Lecture-cum-Discussion, Seminars, Assignments 7Group discussion
Sessional Activities: (Any two)

1. Case study on any one extension development program.
2. Survey and Report writing on any one Self-help group.
3. Case study of any one development program of NGO.

HSEII/B

Couse Title IIB Management of Entrepreneurship Development

Course Outcomes (CO)

After completion of course (No. 1) Students will be able to

CO1- Learn essentials for management to entrepreneurship development

CO2 – Enable preparation of Project report

CO3- Know contributory factors related to entrepreneurship

Syllabus- Title: IIB) Management of Entrepreneurship Development	Total Hours: 60 hrs
Unit - 1 – Entrepreneurship	15 hrs
Chapter I 1. - Concept and meaning, need for entrepreneurship development. Competencies / qualities of an entrepreneur	5 hrs
Chapter II - Entrepreneurial Support system - District Industry Centres (DICs) - Commercial Banks - State Financial Corporations. - Small Industries Service Institutes (SISIs), Small industries	5 hrs
Chapter III - Development bank of India (SIDBI), National Bank for Agriculture and Rural Development (NABARD), National small Industries Corporation. (NSIC)	5 hrs
Unit-2 Entrepreneurship Development	15 hrs
Chapter I- Market Survey and Opportunity Identification (Business Planning) - How to start a small scale Industry - Procedures for registration of small scale industry. - List of items reserved for exclusive manufacture in small scale industry.	5hrs
Chapter II Assessment of demand and supply in potential areas of growth. - Understanding business opportunity. - Consideration in production selection. - Data collection for setting up small venture	5 hrs
Chapter III. Project Report Preparation - Preliminary Project Report - Techno – Economic feasibility report - Project viability	5 hrs
Unit-3 E-Management	15 hrs
Chapter I Managerial Aspect of small Business - Principles of Management - Operational Aspects of Production	5 hrs

- Inventory management - Basic principles of financial management - Marketing Techniques	
Chapter II Personnel Management. - Importance of communication in business.	5 hrs
Chapter III Legal Aspects of small Business - Elementary knowledge about income tax, sales tax, Patent rules & Excise rules. - Factory Act and Payment of wage Act.	5hrs
Unit-IV Contribution Factors for E	15 hrs
Chapter I Environmental Considerations - Concepts of ecology and environment. - Factors contributing to Air, Water, Noise pollution and their standards and control - Personal Protection Equipment (PPEs) for safety at work places	5hrs
Chapter II Miscellaneous - Human relations and performance in organization - Relation with subordinates, peers and superiors. - Motivation – Incentives, Rewards, Job satisfaction. - Leadership	5hrs
Chapter III Labour Welfare - Worker's participation in management	5 hrs

Transactional Mode- Lecture-cum-Discussion, Seminars, Assignments 7Group discussion.
Sessional Activities: (Any two)

1. Case study on any one small scale industry.
2. Survey and Report writing on any two women entrepreneurs.
3. Report writing on Legal Aspects of small Business.

References

1. Environmental Engineering and Management by Suresh K. Dhamija, S.K. Kataria and sons, New Delhi
2. Entrepreneurship Development by CB Gupta and P. Srinivasan, Sultan chand and sons, New Delhi.
3. A Hand book of Entrepreneurship, Edited by BS Rathore and Dr. JS Saini; Aapga Publications, Panchkula (Haryana)

HSEII/C

Course title: IIC) Gender and Development

Course Outcomes (CO)

After completion of course (No. 1) Students will be able to

- CO1- Know the barriers with reference to gender & development
CO2- Understand the status of men & women in society
CO3- Acquire the knowledge of different forms of discrimination

Syllabus- Title: IIC) Gender and Development	Total Hours: 60 hrs
Unit - 1 – Gender in context with development	15 hrs
Chapter I Concept of gender, i) Gender roles ii) changing trends, iii) gender analysis matrix	5 hrs
Chapter II Changing form of welfare from development and empowerment gender w.r.t. development,	5 hrs
Chapter III National and international efforts for gender empowerment	5 hrs

Unit-2 Status of men and women in society	15 hrs
Chapter IV i) Demographic ii) education iii) employment	5 hrs
Chapter V i) Political health status	5 hrs
Chapter VI i) General ii) Occupational iii) Reproductive status in changing scenario.	5 hrs
Unit-3 Violence Against men and Women	15 hrs
Chapter VII- Dowry, divorce, female feticide and infanticide, domestic violence	5 hrs
Chapter VIII- sexual Harassment and exploitation portrayal of women/men in mass media	5 hrs
Chapter IX- Efforts taken for elimination of all forms of discrimination	5 hrs
Unit-4 Gender and Development	15 hrs
Chapter X Policies & programmes, National policies Empowerment Perspective – policy perspectives, mainstreaming Economic empowerment – Poverty eradication, micro-credit and self-help groups, women and agriculture, women industry and support services	5 hrs
Chapter XI Social empowerment – Education, health, nutrition, drinking water and sanitation, housing and shelter, environment. Legal empowerment – Legal literacy on personal and family laws, Role of family court and legal aid centres. Political empowerment – Role of panchayat Raj in the political Empowerment of women/men	5 hrs
Chapter XII 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, Women's Development Corporation	5 hrs

Transactional Mode- Lecture-cum-Discussion, Seminars, Assignments 7 Group discussion.
Sessional Activities: (Any two)

1. Report writing on different women and child development program's.
2. Report writing on Status of men and women in society
3. Prepare scrap book family laws.

References

1. Black M, (1993): Girls and Women, A UNICEF Development Priority, Unicef, New York.
2. Yadav, C.P. (2000). Empowerment of women. Vol. I & II, Laxmi Shikshan, Sansthan and Anmol Publications Pvt. Ltd; New Delhi.
3. Laxmi Devi (1998). Women and Development. Institute for sustainable Development and Anmol Publications Pvt. Ltd; New Delhi.
4. National Perspective plan for women (1988): Department of women and Child Development; New Delhi
5. Bamji, M.S, Prahalad Rao N, Reddy V, Textbook of Human Nutrition II Edition, Oxford and PBH publishing Co. Pvt. Ltd, New Delhi 2004.
6. Jelliffe, D.B: Assessment of Nutritional Status of the community. World Health Organization.

**M.A. Home Science II Semester
HSCP -II**

The Course Home Science in II Semester has **Advance Nutrition** Course. Practical paper is compulsory has two credits. Details of the course is as under.

Course No.	Type of Course	Theory/ Practical	Credits	Instruction hour per week	Total no. of lectures/ Hours/ Semester	Duration of Exam	Formative Assessment Marks	Summative Assessment Marks	Total Marks
01	HSCP-V	Practical	02	04	60	2 hours	20	30	50

Syllabus- Course 1: Title: Advance Nutrition		Total Hours: 60
Unit - 1 – 1. Enrichment : a. Protein – For malnourished children of different grades and income group (quality, quantity). b. Calories – Low & high calories diet (fat free recipes). c. Fiber – High & Low fiber food. d. Minerals – Calcium, Iron and Sodium High & Low. e. Vitamins – Vit A, B Complex: B1, B2, B3 and Vit C. 2. Development and preparing non-conventional food. Recipe : Atleast 3 recipes made from waste of vegetables, fruits, cereals and milk. Sensory Evaluation Preparation of recipes containing probiotic foods		30 hrs
Unit-2 Preservation – 1. Preparation of Jam, Jelly, Ketchup, Chutney, Avala Moravala, Avala Supari. 2. Pickles with and without oil, 3. Squash-Lime and orange squashes, 4. Masala -Kala Masala, Samber Masala, Pavbhaji Masala, Garam Masala		30 hrs

Transactional Mode- Demonstration, Lecture, Guidance, participation, engagement

Marks Distribution for Practical Exam:

Advance Nutrition

Enrichment Planning & Calculation of 3 recipes (one for each income group) of given nutrient	:	20 Marks
Preparation of one recipe	:	10 Marks
Viva	:	05 Marks
Record Book	:	20 Marks
Total		50 Marks

M.A. Home Science Semester III

Discipline Specific Course (HSC VII)

The Course Home Science in III Semester has **Extension & Community Health Management** Course paper for four credits. The paper is compulsory. Details of the course is as under

Course No.	Type of Course	Theory/ Practical	Credits	Instruction hour per week	Total no. of lectures/ Hours/ Semester	Duration of Exam	Formative Assessment Marks	Summative Assessment Marks	Total Marks
01	HSC VII	Theory	04	04	60		40	60	100

Formative Assessment- 40 Marks: -

Home Assignments/sessional Activities marks – 40 Marks

Summative Assessment – 60 marks: - Semester end exam marks 60

Course Outcomes (CO) Extension & Community Health Management

After completion of course Students will be able to

1. To understand the concept of sustainability 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 programs for community health management.

Title: Extension & Community Health Management		Total Hours: 45
Unit – I Sustainable development and people participation. & Financial Sustainability		15 hrs
Chapter 1		5 hrs
1 Concept, philosophy, goals, aspects and challenges, principles.		
2 Sustainability – Meaning concept and implications for development.		5 hrs
Chapter 2		
1. People's participation – concepts forms in development.		5 hrs
2. Importance, need, nature of people's par in development		

ASA

BOS Member.

Chapter 3 1. Concept importance and need. 2. Microfinance and self-help group.	5 hrs
Unit – II Concept of extension management	15 hrs
Chapter 4- Definition, nature, importance and principles.	5 hrs
Chapter 5 -Extension management process.	5 hrs
Chapter 6 - Personnel management – recruitment of extension workers, training of workers.	5 hrs
Unit – III Community Health	15 hrs
Chapter 7 Community health needs and problems	5 hrs
Chapter 8 Disaster management a) Types of disaster – earthquakes, floods, cyclones, hurricanes, tsunami, landslides.	5 hrs
Chapter 9 a) Rescue b) Relief c) First aid	5 hrs
Unit –IV Health care services	15 hrs
Chapter-10-Role of N.G.O. National Health programs / national and international agencies.	5hrs
Chapter-11 -Health information education. Need, importance, methods.	5hrs
Chapter-12-- Basic epidemiology, health regulation acts, census.	5hrs

Transactional Mode Lecture-cum-Discussion, seminars, Assignments &group discussions

Sessional Activities (Any two)

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 poisoning.
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.

M.A. Home Science Semester III
H Specific Course (HSC VIII)

The Course Home Science in III Semester has **Clinical Therapeutic Nutrition** Course paper for Four credits: The paper is compulsory. Details of the course is as under

Cours e No.	Type of Cours e	Theory/ Practic al	Credit s	Instruct ion hour per week	Total no. of lectures/ Hours/ Semester	Durati on of Exam	Form ative Assess ment Mark s	Summ ative Assess ment Marks	Total Mark s
01	HSC VIII	Theory	04	04	60	2 hour	40	60	100

Formative Assessment- 40 Marks

Home Assignments/ sessional activities marks: - 40 Marks

Summative Assessment – 60 marks: - Semester end exam marks 60

Course Outcomes (CO) Clinical Therapeutic Nutrition

After completion of course Students will be able to

1. To understand the etiology, physiological & metabolic abnormalities of acute & chronic diseases & patient 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.

Title: Clinical and Therapeutic Nutrition	Total Hours: 45
Unit – I Therapeutic Nutrition	15hrs
Chapter 1 Therapeutic diet: Concept, needs, and importance, types of therapeutic diet – consistency, texture, nutrient content, feeding practices with examples.	5 hrs
Chapter 2 Dietician – qualities, role and responsibilities, need in hospitals and community, qualification.	5 hrs
Chapter 3 I.D.A. – Indian dietetic association. Patient care and counselling assessment of nutritional status of hospitalized and outdoor patient	5 hrs
Unit – II Drugs and Medicine	15hrs
Chapter 4 Drug and nutrients interactions-effects, ingestion, digestion, absorption & metabolism.	5 hrs
Chapter 5- Herbal medicines	5 hrs
Chapter 6- Homemade remedies for common disorders	5 hrs
Unit – III Nutritional management in different diseases	15 hrs
Chapter 7 Obesity Diabetes	5 hrs

Chapter 8 Heart diseases – Hypertension & Atherosclerosis Cancer	5 hrs
Chapter 9 Peptic Ulcer Hepatitis Nephritis & Kidney Stones Aids	5 hrs
Unit-IV – Probiotics and Nutraceutical	15 hrs
Chapter-10 Concepts, Definition ,History , Types of Probiotics and their sources	5 hrs
Chapter-11- Importance of Gut health and relation between gut health and overall well-being	5 hrs
Chapter-12-Defination and overview of Nutraceuticals.	5 hrs

Transactional Mode Lecture-cum-Discussion, seminars, Assignments &group discussions

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 allopathetic, Homeopathic, 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.
5. Garrow, J.S. James, W.P.T. & Ralph, A. (2000) "Human Nutrition & Dietetic" 10th Edn. Churchill Livingstone.
6. William S.R. (1993) "Nutrition & Diet Therapy", 7th End. Tims Miror / Mosby College Publishing.

7. Davis, J & Sherer, K (1994) "Applied Nutrition & diet Therapy for Nures" 2nd Edn. W.B. Aunders Co.
8. Guyton A.C. and Hall, J.E. (1999) Text book of Medical Physiology, 9th Edn. W.B. Aunders Co.
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.
12. Wallac H.M. & Egiri K., "Health Care of Women & Children in Developing Countries" Third Party Publishing Company, Oakland California.
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.

M.A. Home Science Semester III

H. Specific Course (HSC IX)

The Course Home Science in III Semester has **Mental health and Counselling** Course paper for **Four** credits: The paper is compulsory. Details of the course is as under

Course No.	Type of Course	Theory/ Practical	Credits	Instruction hour per week	Total no. of lectures/ Hours/ Semester	Duration of Exam	Formative Assessment Marks	Summative Assessment Marks	Total Marks
01	HSC IX	Theory	04	04	60	2 hour	40	60	100

Formative Assessment- 40 Marks

Home Assignments / Sessional activities marks: - 40 Marks

Summative Assessment – 60 marks: - Semester end exam marks 60

Course Outcomes (CO) Mental health and Counselling

After completion of course Students will be able to

1. 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 counselling.

Title: Mental health and Counselling	Total Hours: 45
Unit – I Mental Health	15 hrs
Chapter 1 -Concept and importance of holistic health, wellbeing and happiness. Definition, concept and importance of Mental health.	5 Marks
Chapter 2 -National mental health policy of India (1982).	5 Marks
Chapter 3- Community mental health- need & programmes.	5 Marks
Unit – II School Mental Health Programme	15 hrs
Chapter 4 Need of mental health programme in school	5 Marks
Chapter 5- Importance of teachers in mental health aspect of Children.	5 Marks
Chapter 6- Mental Health of parents in children personality development	5 Marks
Unit – III Counselling	15 hrs
Chapter 7 – Meaning, importance, History, objectives, functions. Principals and goals of counselling.	5 Marks
Chapter 8- Process of counselling, Qualities and skill of counsellor.	5 Marks
Chapter 9 Techniques of securing information-introspection, observation, case history, play method, Interview, case record and school records.	5 Marks
Unit-IV - Counselling application-	15 Hrs
Chapter-10- Child Counselling, counselling in school	5 hrs
Chapter-11- Family counselling, marriage counselling, career counselling	5 hrs
Chapter-12- Alcohol and drug & Abused counselling, group counselling. Crisis intervention counselling, counselling for the aged, counselling for women.	5 hrs

Transactional Mode Lecture-cum-Discussion, seminars, Assignments &group discussions

Sessional Activities

1. Visit to schools / institutions that have counselling centres / mental health programmes.
2. Organizing a one day workshop on counselling 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. Tuesday
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.
10. पंडीत डॉ कुलकर्णी, डॉ गोरे. सामान्य मानसशा प्रथम आवृत्ती जाने 1999
11. सौ मीना टाकळकर, सुजाण पालकत्व मेहता पब्लिशिंग हाऊस प्रथम आवृत्ती 2004
12. डॉ श्रीधर नार्वेकर, संगोपण बालकांचे जन्मावस्था ते पौगंडावस्था, मनोविकास प्रकाशन मुंबई 2002
13. प्रा शशी सरवदे, शैक्षणिक मार्गदर्शन आणि समुपदेशन डायमंड पब्लिकेशन्स पुणे 2008.
14. प्रा. त्रिवेणी फरकाडे व सौ सुलभा गोंगे विवाह आणि कौटुंबिक संबंध विद्या प्रकाशन, नागपूर 2003

M.A. Home Science III Semester

Discipline Specific Course (HSCP-III)

The Course Home Science in III Semester has **Clinical & Therapeutic Nutrition** Course Practical. Paper is compulsory has two credits. Details of the course is as under.

Course No.	Type of Course	Theory/ Practical	Credits	Instruction hour per week	Total no. of lectures/ Hours/ Semester	Duration of Exam	Formative Assessment Marks	Summative Assessment Marks	Total Marks
01	DSCP-III	Practical	02	04	60	2 hours	20	30	50

Title: Clinical & Therapeutic Nutrition		Total Hours:
Unit - 1 – Planning & Preparation of modification in Therapeutic diet		30 hrs
Chapter 1- 1. Clear fluid diet 2. Fluid Diet		10 hrs
Chapter 2 1. Soft Diet 2. Semi solid Diet		10 hrs
Chapter 3- 1. Normal Diet		10 hrs

Unit-2 Planning & preparation of diets for following diseases		30 hrs
Chapter -4	<ul style="list-style-type: none"> • Over weight and under weight • Diabetes • Heart diseases • Cancer 	10 hrs
Chapter 5:	<ul style="list-style-type: none"> • Peptic ulcer • Hepatitis • Nephritis, Kidney stone, aids. 	10 hrs
Chapter 6- Planning & Preparation of diets for patients with common multiple disorders		10

Marks Distribution for Practical Exam:

Clinical and Therapeutic Nutrition

Planning & Preparation of diet for any one given Disease:	20 Marks
Write Up	05 Marks
Viva	05 Marks
Record Book	20 Marks
Total	50 Marks

Discipline Specific Elective (HSE-III)

The Course Home Science in II Semester has III A) Home Based Catering

Course paper I for Four credits The paper is compulsory. Details of the course is as under

Course No.	Type of Course	Theory/ Practical	Credits	Instruction hour per week	Total no. of lectures/ Hours/ Semester	Duration of Exam	Formative Assessment Marks	Summative Assessment Marks	Total Marks
01	HSE III :A/B/ C	Theory	04	04	60	2 hours 30 min	40	60	100

Formative Assessment- 40 Marks: -

Home Assignments/ Sessional Activities marks 40 Marks

Summative Assessment – 60 marks: - Semester end exam marks 60

Course Outcomes (CO) IIIA) Home Based Catering

After completion of course (No. 1) Students will be able to

1. To know about Food Service Establishments,
2. Gain knowledge regarding Food Production, Purchase and Storage.
3. To Know the resources like Money, Manpower. Time etc,
4. To know how to plan Food Service Activities

Title: III (A) Home Based Catering	Total Hours: 60 hrs
Unit – 1 Introduction	15 hrs
Chapter I – Introduction to Food Service	5 hrs
Chapter II Factors contributing to the growth of Food Service Industry	5 hrs
Chapter III Kinds of Food Service Establishments	5 hrs
Unit -2 Food Production	15 hrs
Chapter I Food Production	5 hrs

Chapter II 1) Menu Planning Importance of Menu Planning. Factors affecting Menu Planning. 2) Menu Planning for different kinds of Food Service Units	5 hrs
Chapter III 1. Food Purchase and Storage 2. Quantity Food Production: Standardisation of Recipes, quantity Food Preparation Techniques. Recipe Adjustment and Portion Control 3. Hygiene and Sanitation	5 hrs
Unit III Resources Management	15 hrs
Chapter I 1. Money 2. Manpower	5 hrs
Chapter II 1. Time 2. Facilities and Equipment	5 hrs
Chapter III Utilities Management	5 hrs
Unit-IV Planning of Food Service Unit	15 hrs
Chapter I. Preliminary Planning Survey of Types of Units, Identifying Climate, Menu Operations and Deliver	5 hrs
Chapter II Developing Project Plan	5 hrs
Chapter III Determining Investments	5 hrs

Transactional Mode Lecture-cum-Discussion, seminars, Assignments & group discussions

Sessional activities-

1. Case study of any one home based catering unit.
2. Project Plan for any one home based catering unit.

References-

1. West B. Bessie & Wood Levelle (1988) Food Service in Institutions 6th Edition Revised By Harger F V. Shuggan S G & Palgne Palacio June. Macmillian Publishing Company, New York
2. Sethi Mohini (2005) Institution Food Management, New Age International Publishers
3. Knight JB & Kotschevar 111 (2000) Quantity Food Production Planning & Management edition John Wiley & Sons
4. Philip E Thangam (2005) Modern Cookery for Teaching and Trade Part 1 & 11 Orient Longman
5. Taneja S and Gupta S L. (2001) Entrepreneurship Development, Galgotia Publishing

Course Outcomes (CO) IIIB): Nutrition and Fitness,

After completion of course Students will be able to

1. Understand meaning of Fitness

2. get acquainted with importance of Nutrition in Fitness,
3. Know the importance of Physical Activities.
4. make them aware about Weights and Measurements

Title: III B) : Nutrition and Fitness,	Total Hours: 60 hrs
Unit - 1 – Understanding Fitness	15 hrs
Chapter I Definition of Fitness, Health and related terms	5 hrs
Chapter II Assessment of Fitness	5 hrs
Chapter III Approaches for keeping Fit	5 hrs
Unit -2:- Importance of Nutrition of Nutrition in Fitness	15 hrs
Chapter I Role of Nutrition in Fitness	5 hrs
Chapter II Nutritional Guidelines for Health and Fitness	5 hrs
Chapter III Nutritional Supplements	5 hrs
Unit-3 Importance of Physical Activities	15 hrs
Chapter I Importance and Benefits of Physical Activity	5 hrs
Chapter II Physical Activity Frequency. Intensity. Time and type with Examples	5 hrs
Chapter III Physical Activity Guidelines and Physical Activity Pyramid	5 hrs
Unit-IV Weight Management	15 hrs
Chapter I Auscament. Etiologic, Health Complications of Overweight and Obesity	5 hrs
Chapter II Diet and Exercise for Weight Management	5 hrs
Chapter III Fad Diets Principals of "lanning Weight Reducing Diet	5 hrs

Transactional Mode Lecture-cum-Discussion, seminars, Assignments &group discussions

Sessional activities-

1. Visit to fitness center and report writing.
2. Prepare a scrap book on any 10 types of Nutritional Supplements.

3. References:

1. Wardlaw, Smith: Xontemporary Nutrition: A functional Approach. 2nd Edition: 2012. Me Grow
2. Willium Melwin Nutrition For Health, Fitness and Sports, 2004 McGraw Hills
3. Joshi A.S: Nutrion and Dietetics 2010 TATA McCraw Hills

Course Outcomes (CO) III C): Nutrition Therapy in Health & Disease.

After completion of course Students will be able to

1. Know the principles of diet therapy.
2. Understand the role of dietician.
3. Understand the modifications of normal diet for therapeutic purpose.
4. Plan the diet according to different disease & modify the normal diet for therapeutic purpose

.Syllabus- Title: 3C) : Nutrition Therapy in Health & Disease	Total Hours: 60 hrs
Unit - 1 – Health and Nutrition.	15 hrs
Chapter I Definition and Concept of health and Nutrition.	5 Marks
Chapter II Dimension of health and Nutrition	5 Marks
Chapter III Dietary Pattern of different regions & community.	5 Marks
Unit -2 Food Habits:	15 hrs
Chapter I. Concept and meaning of food habits	5 Marks
Chapter II Factors affecting on Food habits-Regional, Economic, environmental, sociocultural, psychological, & religious	5 Marks
Chapter III Effect of industrialization, Urbanization work pattern Mass Media Food habits On health	5 Marks
Unit-3 Diet Therapy Credit-1.0	15 hrs
Chapter I Objectives & Principles of diet therapy. Modification of Normal diet	5 Marks
Chapter II Modification in consistency: clear fluid diet, Fluid diet, and Soft diet. Modification in Texture. High fiber, & Low fiber.	5 Marks
Chapter III Modification in Nutrients: High protein and Low protein diet. High calorie & Low calorie diet.	5 Marks

Unit-IV Dietary Management & Nutritional Requirement in common ailment.	15 hrs
Chapter I Diarrhea. Constipation	5 Marks
Chapter II Jaundice. Underweight & Over weight.	5 Marks
Chapter III Viral fever.	5 Marks

Transactional Mode Lecture-cum-Discussion, seminars, Assignments & group discussions

Sessional activities-

1. Visit to fitness center and report writing.
2. Assignment on Region wise Food habits in India.

Reference:

1. V.K.Kaushik, "Reading in Food, Nutrition and Dietetics Vol.I,II,III, Book Enclave. Jaipur.
2. Robin.h.E.R.et al(1986) "Normal and Therapeutic Nutrition," 17th Ed., Macmillian Publishing Co.
3. Williams S.R(1989) "Normal and Therapeutic Nutrition." 4th ed., C.V Masby Co.
4. Anrita F.P (1983) "Clinical Dietetics and Nutrition". 3rd ed. 4th Impression, Oxford University Press.
5. Swaminathan M.S (1985) "Essentials of foods and Nutrition, "Vol.II, Bapplo Publication.
6. Joshi Shubhangini (1992) "Nutrition and dietetics" Tata McGraw Hill, Pub Co. New Delhi,
7. Kedkar Shanta, "Health and Nutrition", Maharashtra State cultural Mandal, Mumbai.
8. Dr Lele sarla "Ahar Mimas" Maharashtra State cultural Mandal, Mumbai.
9. Dr Molwane Manjusha "Nutrition" Kailash Publication, A bad.
10. Mrs Shobha Wagmare Naik. Nutriion and Health, Vidya Books Publishers, A. bad.
11. Dr Minakshi Tamekar, "Nutrition and Health", Vishvo Publishers & Distributers. A bad.
12. Mrs Pharkade, "Mrs Gonge Poshan and Aharshastra". Pimpalapur and co.publishers, Nagpur.
13. Dr Asha Deoskar, "Pushan Shastrachi mul tatve".. Vidya Prakshan, Nagpur.
14. Dr Indera Khadse, "Annshastra", Himalya Publishing House, Nagpur.
15. Mrs Shobha Wagmare, "Ahar and Poshan". Pimparapur, Publication. A. bad.
16. Prof Sneha Mahajani "Ahar Shastrachi Multatve" Gunvan Printers Nagpur

Research Project

The Course Home Science in III Semester has Research Project for **Four** credits The paper is compulsory. Details of the course is as under

Cours e No.	Type of Cours e	Theory/ Practic al	Credit s	Instruct ion hour per week	Total no. of lectures/ Hours/ Semester	Durati on of Exam	Form ative Assess ment Mark s	Summ ative Assess ment Marks	Total Mark s
01	Resear ch Projec t		04	08	120		100	-	100

Formative Assessment- 100 Marks: -

Title: Research Project	Marks
Selection of topic	05
Formulation of problem	05
Review of literature	05
Framing Hypothesis	05
Research Design	05
Collection of data	05
Processing of Data	05
Classification & analysis of data	05
Testing of hypothesis	10
Conclusion	
Report writing	50

M.A. Home Science Semester IV
Discipline Specific Course (HSC X)

The Course Home Science in IVth Semester has **Women & Child Welfare** Course paper for **Four** credits. The paper is compulsory. Details of the course is as under

Course No.	Type of Course	Theory/ Practical	Credits	Instruction hour per week	Total no. of lectures/ Hours/ Semester	Duration of Exam	Formative Assessment Marks	Summative Assessment Marks	Total Marks
01	HSC X	Theory	04	04	60	2 hours	40	60	100

Formative Assessment- 40 Marks: -

Home Assignments/Sessional Activities marks: - 40 Marks,

Summative Assessment – 60 marks: - Semester end exam marks 60

Course Outcomes (CO)

After completion of course (No. 1) Students will be able to

1. Become aware and sensitized to issues related to welfare of child, women & elderly.
2. Understand the welfare programs for women.
3. Understand the role of NGO for welfare of people.

Title: Women & Child Welfare	Total Hours: 60
Unit – I Women and Child welfare	15 hrs
Chapter -1 Definition, Concept and scope of women and child welfare in India.	05 hrs
Chapter-2 National Policy of Child Welfare and relevance.	05 hrs
Chapter-3 National Policy of Women Welfare and its relevance.	05 hrs
Unit – II- Organization / Agencies Working for Welfare of Women	15 hrs
Chapter-4- Classification: Government, Non-Government, National and International	05 hrs
Chapter-5 Welfare programs at local, national and international level.	05 hrs
Chapter-6- Functional objective of these programmes and beneficiaries	05 hrs
Unit – III Agencies working for the welfare of children	15 hrs
Chapter 7	
a) - Indian Council of child welfare	05 hrs

b) National institute of public co-operation and child development. c) Integrated child development service. d) Central Social Welfare Board.	
Chapter 8 a) Nutrition programmes in the Country. b) Legislation related to child welfare	05 hrs
Chapter 9 a) World bank b) Role of NGOs in welfare of children	05 hrs
Unit-IV The Aged in India	15 Hrs
Chapter-10- Policies and programs for aged women.	5 hrs
Chapter-11-Role of voluntary organisation	5 hrs
Chapter-12-Old age Home, Day centers.	5 hrs

Transactional Mode-Lecture-cum Discussion, Seminars, Assignment, Group discussion.

Sessional Activities (Any Two)

1. Visit to old age home / remand home / orphanage
2. Survey of child labour (minimum Ten) and report writing.
3. Visit to NGOs working for women.
4. State and Control Govt. Schemes and programmes for women and children.

REFERENCE

1. Coxh, "Later Life Realities of Aging, Prentice Hall, New Jercey.
2. Rice P, "Adult Development & Aging" Allyn & Vacan Inc., N.Y.
3. Sharama M.L. & T.M. Dak eds, "Aging in India".
4. Mala D. Shubham, "Women, Tradition & Culture".
5. Bernard, H.W. and Fullness, D.W. Principles of guidance, Allied Publishers 1972.

M.A. Home Science Semester IV
Discipline Specific Course (HSC XI)

The Course Home Science in IV Semester has **Advance Resource Management** Course paper for **Four** credits:. The paper is compulsory. Details of the course is as under

Course No.	Type of Course	Theory/ Practical	Credits	Instruction hour per week	Total no. of lectures/ Hours/ Semester	Duration of Exam	Formative Assessment Marks	Summative Assessment Marks	Total Marks
01	HSC XI	Theory	04	04	60	2 hours	40	60	100

Home Assignments/ Sessional Activities marks: - 40 Marks,

Summative Assessment – 60 marks: - Semester end exam marks 60

Course Outcomes (CO)

After completion of course (No. 1) Students will be able to

1. Develop ability to manage, human & non-human resources.
2. Develop ability to apply management principles during various events.
3. Will gain knowledge of human resource management

Title: Advance Resource Management	Total Hours: 60
Unit – I Management of Resources -I	15 hrs
Chapter-1 Time Management <ol style="list-style-type: none"> a) Nature importance of time. b) Tools in time management. c) Time demands in different stages of family life cycle. d) Process of managing time. e) Leisure meaning, importance, activities. 	05 hrs
Chapter-2 Energy Management <ol style="list-style-type: none"> a) Meaning, importance. b) Effort used in Home making activities. c) Energy demands in different stages of family life cycle. d) Energy cost of home making activities. e) Process of machining energy. 	05 hrs

<p>f) Fatigue meaning, types.</p> <p>g) Solar energy importance, solar equipment's.</p>	
<p>Chapter-3 Food management</p> <p>a) Importance</p> <p>b) Process</p> <p>c) Factors affecting food management.</p>	05 hrs
Unit – II Management of Resources -II	15 hrs
<p>Chapter-4- Clothing Management</p> <p>a) Importance</p> <p>b) Process</p> <p>c) Factors affecting Clothing management.</p>	05 hrs
<p>Chapter-5 Human resource management</p> <p>a) Concept and Importance</p> <p>b) Objectives</p> <p>c) Functions</p> <p>d) Role, selection and Training.</p>	05 hrs
<p>Chapter -6 Budget management</p> <p>a) Concept</p> <p>b) Importance</p> <p>c) Types</p> <p>d) Process</p> <p>e) Factors affecting Budget management.</p>	05 hrs
Unit III Unit – III Event Management	15 hrs
<p>Chapter-7</p> <p>a) Concept</p> <p>b) Scope</p> <p>c) Objectives</p>	05 hrs
<p>Chapter-8 Points to be considered while planning & implementation of different event.</p>	05 hrs
Chapter-9 Planning of Different Events	05 hrs

a) Birthdays, Anniversaries, Engagement, Wedding reception. b) Formal meetings, seminars, conferences. c) Product launch meetings.	
Unit-IV Work Simplification	15 Hrs
Chapter-10 Meaning, Definition and Importance	5 hrs
Chapter-11- Techniques-Formal & Informal techniques	5 hrs
Chapter-12-Ergonomics-Meaning, definition, posture, classification physiology of posture, different ways of reducing muscular energy.	5 hrs

**Transactional Mode-Lecture-cum Discussion, Seminars, Assignment, Group discussion
Sessional Activities (Any two)**

1. Leisure time activities (any one). Fabric painting / glass painting / wall hanging.
2. Any one decorative article.
3. Job training in any one following institution. Hostel / canteen / food service center.

REFERENCES

1. I: Eland I Gordian Steward M. Lee 1974, "Economics & Consumer" 7th edition D. Van. Nostrand Co. New York.
2. Don Welers 1974, "Who Buys : A study of the Consumers".
3. David H. Bangs "The market planning guide, 3rd Edition, Galgotru Publication.
4. Anna H. Rutt : Home and its furnishings.
5. Coonev and Stephenson C.M. : How to decorate and light your home.
6. Duncan, B : The home builders (Hand Book) Von Nastrand Co.
7. Gross and Crandall, "Management for Mderm Families Sterling Publishers (P) Ltd., New Delhi.
8. Kennedy : The house and Arts of its design.
9. Nickell J.M. & Dorsey "Management in family living" 4th Edition, Willey Pvt. Ltd., New Delhi.
10. Stella Sounder Raj, "A text book of house hold arts" Orient Longman Ltd., 160, A annamalai, Madras.
11. Marform R : Home and its furnishing. Willey Eastern Pvt. Ltd., New Delhi.
12. Dr. Chitale N.J. "Foundation of Art and Design Manual Coordinator, SNDT College of Home Science, Karve Road, Pune.
13. Swarup Goyal, "Even Management" Adhyayan Publishers and distributors, New Delhi.

Marks Distribution for Practical Exam:

Advance Resource management

Event management : 20 Marks

Time Plan for Colleges Student / Working Women : 10 Marks

Record Book : 20 Marks

Total 50 Marks

M.A. Home Science Semester IV

Discipline Specific Course (HSC XII)

The Course **Home Science** in III Semester has **Women empowerment and Communication system** Course paper for **Four** credits.. The paper is compulsory. Details of the course is as under.

Course No.	Type of Course	Theory/ Practical	Credits	Instruction hour per week	Total no. of lectures/ Hours/ Semester	Duration of Exam	Formative Assessment Marks	Summative Assessment Marks	Total Marks
01	HSC XII	Theory	04	04	60	2hrs	40	60	100

Home Assignments/ Sessional Activities marks: - 40 Marks,

Summative Assessment – 60 marks: - Semester end exam marks 60

Course Outcomes (CO's)

1. To understand the concept of development, its indices and relationship with development communication.
2. To understand the effort at different levels for women empowerment.
3. To impart knowledge and understanding of various communication systems.

Syllabus- Course 1:	Total
Title: Women empowerment & Communication	Hours: 30
Unit – I Development & Women Empowerment.	15 hrs
Chapter-1 Development - Definitions, basic concepts, significance, functions & dynamics of development.	05 hrs
Chapter-2- Indicators of development, human development index, human poverty index.	05 hrs
Chapter-3- Women Empowerment-Concept, Significance and gender empowerment measures.	05 hrs
Unit – II Policies and Programs for Women Development	15 hrs
Chapter-4 Dynamics of Women Empowerment- Personal, Economic, Social, Legal and Political.	05 hrs
Chapter-5 Programs and Policy for Women empowerment in India 1) National policy for women empowerment. 2) Personal –Capacity Building, role of Home Sci. for personal growth & professional development. 3) Economic empowerment of women in all sectors. 4) Social empowerment education, health, nutrition, housing, drinking water and environment.	05 hrs
Chapter 6 1) Legal empowerment – Legal literacy on personal and family laws. Role of family court and legal aid centers. 2) Political empowerment role of Panchayat Raj in political empowerment of women, Vidhan Sabha, Vidhan Parishad State Legislation, Central Legislation.	05 hrs
Unit-III Communication Techniques for Women Empowerment.	15 Hrs
Chapter-7 -Types of communication system concept, functions, significance	5 hrs
Chapter-8- Mass communication Techniques	5 hrs
Chapter-9- Traditional Media puppetry, folk media.	5 hrs
Unit-IV Modern Media of Communication	15 Hrs
Chapter-10- Print Media books, newspapers, magazines, leaflets and pamphlets.	5 hrs
Chapter-11- Electronic Media – Radio, T.V. Video, Computer based Technologies	5 hrs
Chapter-12-	5 hrs

1. Outdoor media exhibitions & Fairs. 2. Barriers of Communications.	
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Transactional Mode-Lecture-cum Discussion, Seminars, Assignment, Group discussion

Sessionals Activities (Any Two)

1. Visit and Report writing to Panchayat Raj, Gramsabha, Zilla Parishad, Grampanchayat, Municipal Corporation.
2. Visit and report writing to household industry.
3. Visit and report writing on family court / legal aid centres.
4. Visit and report writing on Social Welfare Department.
5. Collection of paper cutting / pamphlets related to any specific topic. On women's development.
6. Plan and prepare slides / C.D. O.H.D. Transparencies and power point presentation

REFERENCES

1. Corner J. "Communication Studies – An introductory Reader".
2. Delluers & Denis, "Understanding Mass Communications".
3. MC Quail D., "Introduction to mass communication, Sage Publication.
4. Wright, Winters and Zeiger, "Advertising Management", MC Graw Hill, New Delhi.
5. Chandra A, Shah A. Joshi, "Fundamentals of Teaching Home Science", sterling Publishers Pvt. Ltd., New Delhi.
6. Dahama O.P. & Bhatnagar O.P., "Education & Communication for Development", Oxford & B.N. Publishing Co. New Delhi

Discipline Specific Elective (HSE-IV)

The Course **Home Science** in II Semester has **4A) Public Nutrition & Dietetics**

Course paper I for **Four** credits.. The paper is compulsory. Details of the course is as under

Course No 1 (Paper No. 20)

Course No.	Type of Course	Theory/Practical	Credits	Instruction hour per week	Total no. of lectures/ Hours/ Semester	Duration of Exam	Formative Assessment Marks	Summative Assessment Marks	Total Marks
01	HSE IV :A/B/C	Theory	04	04	60	2 hours 30 min	40	60	100

Formative Assessment- 40 Marks: -

Home Assignments marks/ Sessional Activities: - 40 Marks,

Summative Assessment – 60 marks: - Semester end exam marks 100

Course Outcomes (CO) 4A) Public Nutrition & Dietetics

After completion of course (No. 1) Students will be able to

1. To plan & prepare the foods for specific disease.
2. Aware the society about balanced diet for every age group.
3. Aware about various issues related to health and nutritional

Syllabus- Title: 4A) Public Nutrition & Dietetics	Total Hours: 60 hrs
Unit - 1 – Concept and Scope of Public Nutrition.	15 hrs
Chapter 1- Concept, Importance of Public health. Meaning , Importance and objectives of nutrition education	2 hrs
Chapter 2- Nutritional problems of the community and implication for public health	3 hrs
Chapter 3- Causes, prevalence. signs and symptoms, prevention treatment of protein energy Malnutrition, iron deficiency anemia, iodine & Fluorosis	10 hrs
Unit -2 Assessment of nutritional status, Methods & application	15 hrs
Chapter 4- Direct methods- Anthropometry, biochemical and clinical examination.	5 hrs
Chapter 5- Indirect methods- Dietary Surveys, Socio economic surveys,	5 hrs
Chapter 6- Vital statistics	5 hrs
Unit-3 Methods and evaluation of Nutrition education program	15 hrs
Chapter 7- National Nutrition Program, ICDS, MDM, Anemia prophylaxis, min A prophylaxis and & Goiter program.	2 hrs
Chapter 8- National Organizations-ICAR, ICMR, NIN, CFTRI	5 hrs
Chapter 9- International Organization- FAO, WHO, UNICEF, CARE	5 hrs

Unit-IV Dietetics	15 hrs
Chapter 10- RDA for Different age groups	5 hrs
Chapter 11- Nutritive Value of different food	5 hrs
Chapter 12- Planning of Different nutrient rich food- Iron, Protein, Vit.A, Vit.C , Energy rich, Calcium rich etc.	5 hrs

Sessional Activities (Any Two)

1. Prepare a RDA Chart for Different age Group.
2. Report writing on Mid-day Meals.
3. Report wring on National and International Nutrition Organisation.

References:

- 1.Khanna K, Gupta S,Seth R,Passi SJ,MahnaR,Puri S (2013),Text book of Nutratrion and Dietetics, Phoenix Publishing House Pvt Ltd.
- 2.Stacy Nix (2009) William's Basic Nutrition and diet therapy, 13th Edition. Elsevier Mosby.
- 3.Wadhwa A and Sharma S (2003) Nutrition in community, A Textbook, Elite publishing Pvt Ltd New Delhi.
- 4.ICMR (1989) Nutritive Value of Indian Foods,National Institute of Nutrition, Indian council of Medical Research,Hyderabad.
5. ICMR (2011) Dietary Guidelines for indianssss-A manual, National Institute of Nutrition, Indian council of Medical Research,Hyderabad.
- 6.SethV and Sing K (2007) Diet Planning through the life cycle Part II: edition Diet Therapy A practical Manual, 4" Elite publishing House Pvt
- 7.Prof P.K Kulkarni, Health and Society, Demond publication, Pune.
- 8.Srilakshmi.B, Nutrition Science, New age International publishers, New publishing house.
9. Dr M. Swaminathan,Essentials of food &Nutrition.
- 10.Prof Robinson CH & Lawers MR, Normal & Therapeutic Nutrition.
- 11.Kedkar Shanta Health and Nutrition, Maharashtra State Sahitya and Sanskuti Mandal,

4B) Household Equipment's

Course Outcomes (CO)

After completion of course Students will be able to

1. Identify different types of finishing and installing material.
2. Understand the basic structure of the equipment's.
3. Know the availability of different equipment's in the markets.
4. Know the proper handling & cleanliness of the equipment.

Syllabus- Title: 4B) Household Equipment's	Total Hours: 60 hrs
Unit - 1. Household Equipment's:	15 hrs
Chapter -1 Introduction & importance.	5 hrs
Chapter -2 Materials used for household equipment-Base materials and finishes.	5 hrs
Chapter -3 Installing materials.	5 hrs
Unit -2 Classification of Equipment's	15 hrs
Chapter-4 Electrical Equipment's- Different types & use & care - Microwave oven, Refrigerator, Mixer, Washing Machine, Vacuum Cleaner.	5 hrs
Chapter-5 Non Electrical Equipment's -Cooker, Gas stove, Water filter.	5 hrs
Chapter-6 Basics of electricity-Wiring & circuits, Motors, Safety devices and electrical accessories.	5 hrs
Unit-3 Unit-III-Selection of Electrical & Non electrical Equipment's	15 hrs
Chapter- 7 Factors affecting on selection of Equipment's	5 hrs
Chapter-8 Use, care & maintenance of household equipment's.	5 hrs
Chapter-9 Safety measures in the Kitchen.	5 hrs
Unit-IV Energy Crises:	15 hrs
Chapter 10 Conventional and Non-conventional energy sources.	5 hrs
Chapter 11 Conservation of Energy.	5 hrs
Chapter 12 Solar household equipment's.	5 hrs

Sessional Activities (Any Two)

1. Prepare a scab book on Solar household equipment's.
2. Write a report on conservation of energy plant.
3. Survey of Innovative/ energy saving household equipment's available in local market.

References:

1. Household Equipments-Louise Jenison Peet, pub-Frank brothers &Co ,New Delhi
2. Home Appliances- Wickipedia.Googel.com.
3. Household equipment- Selection & Management it-Wilson Patricia,Tata McGraw hill pub.
4. Household Appliances-Braves & Noble,Sublime pub.Jaipur.
5. Trouble shooting and repairing of major appliances-Eric Weinert, Pub,Wiley Eastern Delhi,Mumbai

4C) Hospitality Management (House Keeping)

Course Outcomes (CO)

After completion of course (No. 1) Students will be able to

1. To improve the knowledge of the students in understanding the concept of hospitality.
2. To understand the importance of manpower planning.
3. To know different housekeeping operations.h

Syllabus-	Total
Title: 4C) Hospitality Management (House Keeping)	Hours: 60
	hrs
Unit – 1 Introduction of Housekeeping	15 hrs
Chapter 1 Definitions, concept, importance and need, areas of housekeeping.	5 hrs
Chapter 2 Role of housekeeper. Jobs given on contract by housekeeping	5 hrs
Chapter 3 Advantages and disadvantages of housekeeping.	5 hrs
Unit -2 Current trends in housekeeping.	15 hrs
Chapter 4	5hrs
1. Green housekeeping practices.	
2. Cleaning equipment's and agents.	
3. Services – limited, midrange – full service.	
Chapter 5 Contract service / outsourcing.	5 hrs
i. Types.	
ii. Guidelines	

iii. Merits and demerits of contracts services.	
Chapter 6 Manpower planning -Hospitals, Hostels, Air services, Hotels, Industries, Railway.	5hrs
Unit-3 Interior Decoration -	15 hrs
Chapter 7- Lighting – different areas and functional and aesthetic aspects of light. Types of Lighting.	5 hrs
Chapter 8 – i. Windows – Types, window treatment. ii. Wall and ceiling – types, selection, care. iii. Carpets and floor coverings.	5 hrs
Chapter 9 Interior designing – 1. A new approaches and Innovative ideas in I.D. 2. Elements and principles of arts. 3. Flower arrangements –Innovative dry flower arrangements , new trends in flower decorations .Tools, equipment's and accessories required for flower arrangement. 4. Importance of indoor plants.	5 hrs
Unit-IVA) Hygiene and Sanitation	15 hrs
Chapter 10 1. Introduction, definitions and significance of hygiene and sanitation. 2. Pest control – Types of pests, prevention control measures.	5 hrs
Chapter 11- Personal hygiene – necessity, sanitary practices. Definition, importance protective clothing	2 hrs
Chapter 12- Professional Housekeeping 1. Definition, scope, importance. 2. Qualities. 3. Areas. 4. Merits & demerits. 5. Need and approaches	8 hrs

Sessional Activities (Any Two)

1. Hotel kitchens, flight kitchen & Industrial canteen to observe hygienic standards maintained.

2. Manpower planning & Calculating staffing levels economically – write a report.
3. Interviewing a professional housekeeping in your area & write a report.
4. Visit to any Hotel / house / office / hospital / public place / institute with regard to staff hygiene. Write an assignment.

REFERENCE BOOKS

1. Reghubalan G., Smritee (2007-2009). Hotel housekeeping operations and management, 2nd Edition Oxford Uni. Press.
2. Singh Malini & George Jaya B. (2008) Housekeeping operations, Design and management, 1st Edition Jaico Publications.
3. Jones Thomas J.A. (2005) Professional Management of Housekeeping operations 4th Edition. John Willey & Sons.
4. Andrew Sudhir (2007). The text book of Hotel Housekeeping Management & Operations 1st Edn. Tata Magraw Hill.
5. Housekeeping operations – Robert Martin.
6. Housekeeping Management – Matt A. Casordo (Wiley).
7. Hotel Front Office Training Manual. Sudhir Andrews.
8. Managing Office operations – Michael Kasavana & Charles Steadmon.
9. Hygiene & Sanitation – S. Roday.
10. Anna Hang Rutt. Home and its furnishing.

Research Project

The Course Home Science in III Semester has Research Project for Six credits. The paper is compulsory. Details of the course is as under

Course No.	Type of Course	Theory/ Practical	Credits	Instruction hour per week	Total no. of lectures/ Hours/ Semester	Duration of Exam	Formative Assessment Marks	Summative Assessment Marks	Total Marks
01	Research Project	Practical	06	06		01	100	50	150

Formative Assessment- 100 Marks: -





Research Project

The Course **Home Science** in **IV** Semester has Research Project for Six_credits. The paper is compulsory. Details of the course is as under

Course No.	Type of Course	Theory/ Practical	Credits	Instruction hour per week	Total no. of lectures/ Hours/ Semester	Duration of Exam	Formative Assessment Marks	Summative Assessment Marks	Total Marks
01	Research Project	Practical	06	06		01	100	50	150

Formative Assessment- 100 Marks: -

Title: Research Project	Marks
Selection of topic	05
Formulation of problem	05
Review of literature	05
Framing Hypothesis	05
Research Design	05
Collection of data	05
Processing of Data	05
Classification & analysis of data	05
Testing of hypothesis	10
Conclusion	
Report writing	50
Oral	50
Total	150


 BOS Chairman, Home Science, Dr. J.V. Nikalgur

 BOS Home-sci (member)

 BOS Home sc. member.

 Dr. Salma K. Shaikh
 BOS Home-sci (member)