

M.A. Home Science Semester IV

Discipline Specific Course (HSC XIII)

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

Course No 1 (Paper No. 16)

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 XIII	Theory	03	03	45	2 hours	30	45	75

Formative Assessment- 30 Marks: -

Home Assignments marks/ Case Studies: - 15 Marks,

ICT tools for Quiz test /MCQ Test/ Objective Test-15 marks

Summative Assessment – 45 marks: - Semester end exam marks 75

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.

Syllabus- Course 1:	Total Hours: 45
Title: Women & Child Welfare	
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. Functional objective and beneficiaries	05 hrs

Chapter-6 -Policies and programs for aged women.	05 hrs
Unit – III Agencies working for the welfare of children	15 hrs
Chapter 7 a) Indian Council of child welfare b) National institute of public co-operation and child development. c) Integrated child development service. d) Central Social Welfare Board.	05 hrs
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

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.
5. Involvement in women / child welfare activities and report reporting.
6. To make resource file regarding women / child welfare happenings.

REFERENCE

1. Coxh, "Later Life Realities of Aging, Prentice Hall, New Jercoy.
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.
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M.A. Home Science Semester IV

Discipline Specific Course (HSC XIV)

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

Course No 1 (Paper No. 17)

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 XIV	Theory	03	03	45	2 hours	30	45	75

Formative Assessment- 30 Marks: -

Home Assignments marks/ Case Studies: - 15 Marks,

ICT tools for Quiz test /MCQ Test/ Objective Test-15 marks

Summative Assessment – 45 marks: - Semester end exam marks 75

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

.Syllabus- Course 1: Title: Advance Resource Management	Total Hours: 45
Unit – I Management of Resources -I	15 hrs
Chapter-1 Time Management <ul 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 <ul 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. f) Fatigue meaning, types. g) Solar energy importance, solar equipment's. 	05 hrs
Chapter-3 Food management <ul style="list-style-type: none"> a) Importance b) Process c) Factors affecting food management. 	05 hrs
Unit – II Management of Resources -II	15 hrs
Chapter-4- Clothing Management <ul style="list-style-type: none"> a) Importance b) Process c) Factors affecting Clothing management. 	05 hrs
Chapter-5 Human resource management <ul style="list-style-type: none"> a) Concept and Importance b) Objectives c) Functions d) Role, selection and Training. 	05 hrs
Chapter -6 Budget management	05 hrs

a) Concept b) Importance c) Types d) Process e) Factors affecting Budget management.	
Unit III Unit – III Event Management	15 hrs
Chapter-7 a) Concept b) Scope c) Objectives	05 hrs
Chapter-8 Points to be considered while planning & implementation of different event.	05 hrs
Chapter-9 Planning of Different Events a) Birthdays, Anniversaries, Engagement, Wedding reception. b) Formal meetings, seminars, conferences. c) Product launch meetings.	05 hrs

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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 Mdern 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, Annamalai, Madras.
11. Marforn R : Home and its furnishing. Willey Eastern Pvt. Ltd., New Delhi.
12. Dr. Chitale N.J. "Foundation of Art and Design Manual Coordinator, SNTD College of Home Science, Karve Road, Pune.
13. Swarup Goyal, "Even Management" Adhyayan Publishers and distributors, New Delhi.
14. Jemet DeefCe cenepeve, DeeOgefvekeâ ie=n JÛeJemLeeheve, ceneje^{o^} efJeÅeeheer", «ebLe efveceerleer ceb[U, veeiehegj.
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M.A. Home Science Semester IV

Discipline Specific Course (HSC XV)

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

Course No 1 (Paper No. 18)

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 XV	Theory	02	02	30	1hours	20	30	50

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 Hours: 30
Title: Women empowerment & Communication	
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 <ol style="list-style-type: none"> 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. 5) Legal empowerment – Legal literacy on personal and family laws. Role of family court and legal aid centers. 6) Political empowerment role of Panchayat Raj in political empowerment of women, Vidhan Sabha, Vidhan Parisad State Legislation, Central Legislation. 	05 hrs
Chapter 6 Communication Techniques for Women Empowerment. <ol style="list-style-type: none"> 1. Personal Communication Techniques 2. Mass communication Techniques 	05 hrs

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.
7. G.L. Ray, “Extension Communication & Management”.
8. Shrivastava, A.K. (1986), Social class and family life in India.

Practical Home Science IV Semester

Discipline Specific Course (HSC-XIII+ HSC- XIV)

The Course **Home Science** in IV Semester has **Women & Child Welfare & Advance Resource Management** Course paper ---- for **Two** credits:

Course No 1 (Paper 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-VIII	Practical	02	04	60	2 hours	30	50	80

.Syllabus- Course 1:	Total Hours:
Title: Women & Child Welfare & Advance Resource Management	
Unit - 1 – Women & Child Welfare	30 hrs
Chapter 1 Visit to Orphan school and report writing.	10
Chapter 2 Survey of child labor. (Minimum 10)	10
Chapter 3 Visit to NGO's working for women.	10
Unit-2 Advance Resource Management	30 hrs
Chapter 4 Draw modes of decision making and decision tree	10
Chapter 5- Event management – Apply the management process to organize a picnic / wedding anniversary / birthday party / conference / seminars & report writing.	10

Chapter 6 Observe the task carried out by the lab attendant through the use of informal paper and pencil techniques. Work simplification – - Reaching heights - Apply techniques – flow process chart, operation chart & pathway chart.	10
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Home Science IV Semester

Discipline Specific Course (HSC-XV)

The Course Home Science in IV Semester has **Women Empowerment & Communication** Course paper ---- for Two credits:

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-IX	Practical	02	04	30	1 hour	10	20	30

.Syllabus- Course 1:	Total Hours:
Title: Women empowerment & Communication	
Unit - 1 Preparations of Communication models	30 hrs
Chapter 1 Posters / Charts, Flash cards	10 hrs
Chapter 2 Folder, Pamphlet, Games	10 hrs

Chapter 3 Puppet making, PPt	10 hrs
Unit- II Women empowerment programs	30 hrs
Chapter 4 Survey of Self-help group for women empowerment	10 hrs
Chapter 5- Planning of women empowerment program on any one topic.	10 hrs
Chapter 6- Demonstration for women empowerment- Drama/ Street play/ lecture/quiz	10 hrs

Discipline Specific Elective (HSE-IV)

The Course **Home Science** in II Semester has IVA) **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/ Case Studies: - 20 Marks,

ICT tools for Quiz test /MCQ Test/ Objective Test-20 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

References:

- 1.Khanna K, Gupta S,Seth R,Passi SJ,MahnaR,Puri S (2013),Text book of Nutrition 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 Indians-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,

Course Outcomes (CO) IVB) Diet Therapy

Objectives:

- 1.To apply the principles of diet therapy in planning and preparing foods in specific health conditions
- 2.To Plan foods for specific disease conditions with keeping in mind cost, availability and other factors

After completion of course Students will be able to

1. Plan & prepare the foods for specific disease.
2. Know the cost availability, and variety of food.
3. Be aware about the nutritional management according to life style disorders.

.Syllabus- Title: IVB)) Diet Therapy	Total Hours: 60 hrs
Unit - 1. Basic Concepts of Diet Therapy Credit-1.5	15 hrs
Chapter -1 Meaning and Objectives of Therapeutic Nutrition	5 hrs
Chapter -2 Role of Dietician in Nutrition Care Process .Therapeutic adaptations of the normal diet.	5 hrs
Chapter -3 Principles of planning therapeutic diets. Modification of normal diet-consistency, nutrients.	5 hrs
Unit -2 Etiology, clinical features, types and nutritional management of Infections and Fever	15 hrs
Chapter-4 Role of Registered dietitian in Nutritional care Pre and Post-Operative.	5 hrs
Chapter-5 Diets: General Dietary Guidelines Indian Dietetic Association and its role.	5 hrs
Chapter-6 Principles of dietary planning for TB, Typhoid, Malaria and HIV	5 hrs
Unit-3 GI disorders: Etiology, symptoms and Nutritional management.	15 hrs
Chapter-7 Peptic Ulcer, Diverticulitis.	5 hrs
Chapter-8 : Achlorhydria, Dumping Syndrome	5 hrs

Chapter-9 Steatorrhea, Hemorrhoids.	5 hrs
Unit-IV Weight management- underweight and overweight	15 hrs
Chapter 10 Overweight and Obesity- Definition of overweight and obesity, types and grades of obesity. Theories of Causes of obesity and Assessment techniques.	5 hrs
Chapter 11 Dietary modification for overweight diet- Importance of behavior modification, limitations of fad diets (very low calories, extreme energy restrictions)	5 hrs
Chapter 12-Underweight: Definition, causes, assessment, and dietary modification	5 hrs

References:

1. Srilakshmi, B. (2011): Dietetics, 6th Edition. New Age International Pvt Ltd Publishers
2. Mahan, K.L., Escott-Stump, S. Raymond. J.L. (2011) Krause's Food & the Nutrition Care Process, 13th edition, Saunders Publishers.
3. Nix, S. (2012): Williams' Basic Nutrition & Diet Therapy. 14th edition, Mosby publishing
4. Whitney, EN., Cataldo, C.B, Rolfes, S.R (2001): Understanding Normal and Clinical Nutrition
Brooks Cole Publishing,
5. Khanna, K, Gupta S, Seth, R, Passi, S. J, Mahna, R, Puri, S (2013). Text book of
6. Nutrition and Dietetics. Phoenix Publishing House Pvt. Ltd.
7. Mahan, L K and Escott Stump, S (2013). Krause's Food & Nutrition Therapy, 13thed.
8. Saunders-Elsevier. Stacy. Nix (2009)
9. William's Basic Nutrition and Diet Therapy, 13th Edition. Elsevier, Mosby
- 10, ICMR (1999). Nutritive Value of Indian Foods. National Institute of Nutrition. Indian:
11. Council of Medical Research, Hyderabad
12. Joshi Shubhangini H.(2012). Nutrition and Dietetics with Indian Case Studies, Tata
13. McGraw Hill Education Private limited, New Delhi
14. Waghmare-Naik, Shobha(2010): Jahuropchar Aani Sammudayik Poskan(Marathi), Vidya Books
Publishers, Aurangabads

15. Shreelaxmi B.(2007). Dietetics: New Age International(P) Limited, Publishers, New

16. Farkade Triveni s. and Gonge Sulabha S.(2010). Poshan Aani Aharshastra(Marathi),

Course Outcomes (CO) 4C) Hospitality Management (House Keeping)

1. To apply the elements and concept of interior decoration.
2. To expose students to the wide field of professional housekeeping.

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.

SSyllabus- Title: IVC) Hospitality Management (House Keeping)	Total 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 1. Green housekeeping practices. 2. Cleaning equipment's and agents. 3. Services – limited, midrange – full service.	5hrs
Chapter 5 Contract service / outsourcing. i. Types. ii. Guidelines iii. Merits and demerits of contracts services.	5 hrs
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

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

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

Course No 1 (Paper No.15)

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: -

.Syllabus- 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

M.A. Home Science Semester III

Discipline Specific Course (HSC IX)

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

Course No 1 (Paper No. 12)

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	03	03	45	1hour 30 Min	30	45	75

Formative Assessment- 30 Marks: -

Home Assignments marks – 10 Marks

Case Studies: - 10 Marks,

Objective Test-10 marks

Summative Assessment – 45 marks: - Semester end exam marks 45

Course Outcomes (CO) Extension & Community Health Management

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

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

.Syllabus- Course 1:	Total
Title: Extension & Community Health Management	Hours: 45
Unit – I Sustainable development and people participation. & Financial Sustainability	15 hrs
Chapter 1 1 Concept, philosophy, goals, aspects and challenges, principles.	5 hrs

2 Sustainability – Meaning concept and implications for development.	
Chapter 2 1. People’s participation – concepts forms in development. 2. Importance, need, nature of people’s par in development	5 hrs
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 1. Definition, nature, importance and principles. 2. Extension management process.	5 hrs
Chapter 5 Personnel management – recruitment of extension workers, training of workers.	5 hrs
Chapter 6 Health care services 1. Role of N.G.O. National Health programs / national and international agencies. 2. Health information education. Need, importance, methods. 3. Basic epidemiology, health regulation acts, census.	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

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

REFERENCE for Theory and Practical

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.
14. Yeeeye eflepeejs, meecegoeefÙekeâ efJekeâeme Je efJemleej efMe#eCe efJeÅee yegkeâme, veeiehetj, efJeÅeeheer" iebÇLe efveefceleer ceb[U, veeiehegj.
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M.A. Home Science Semester III

H Specific Course (HSC X)

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

Course No 1 (Paper No. 12)

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	03	03	45	2 hour	30	45	75

Formative Assessment- 30 Marks: -

Home Assignments marks: - 10 Marks

Objective Test- 10 marks

Case Study 10 Marks

Summative Assessment – 45 marks: - Semester end exam marks 45

Course Outcomes (CO) Clinical Therapeutic Nutrition

After completion of course (No. 1) 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.

.Syllabus- Course 1:	Total Hours: 45
Title: Clinical and Therapeutic Nutrition	
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 and homemade remedies for common disorders	5 hrs
Chapter 6 – Probiotics and Nutraceutical- Concepts, importance and examples	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

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

References for Theory and Practical

1. B. Srilakshmi, “Dietetics” New age International (P) Ltd., Publishers, New Delhi.
2. Robinson H.Etal. “Narmal & Therapeutic Nutrition” Macmillan Publishing Company.
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13. Joshi Shubhangini, "Nutrition & Dietetics", Tata MC Raw Hill Publishing Co. Ltd., New Delhi.
14. Suitor, C.W. & M.F. Crowley, "Nutrition, Principle & application in Health promotion J.B. Hippincot Co. Philadelphia.
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M.A. Home Science Semester III

H. Specific Course (HSC XI)

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

Course No 1 (Paper No. 14)

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	03	03	45	2 hour	30	45	75

Formative Assessment- 30 Marks: -

Home Assignments marks: - 10 Marks

Objective Test- 10 marks

Case Study 10 Marks

Summative Assessment – 45 marks: - Semester end exam marks 45

Course Outcomes (CO) Mental health and Counselling

After completion of course (No. 1) 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.

Syllabus- Course 1:	Total Hours: 45
Title: Mental health and Counselling	
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 and its Application	15 hrs
Chapter 7 – Counselling- Meaning, importance, History, objectives, functions. Principals and goals of counselling. Process of counselling, Qualities and skill of counsellor.	5 Marks
Chapter 8- Counselling application- Child Counselling, family counselling, marriage counselling, counselling in school, career counselling, Alcohol and drug & Abused counselling, group counselling. Crisis intervention counselling, counselling for the aged, counselling for women.	5 Marks
Chapter 9 Techniques of securing information-introspection, observation, case history, play method, Interview, case record and school records.	5 Marks

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

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14. प्रा. त्रिवेणी फरकाडे व सौ सुलभा गोंगे विवाह आणि कौटुंबिक संबंध विद्या प्रकाशन, नागपूर 2003

M.A. Home Science Semester III

H. Specific Course (HSC XII)

The Course **Home Science** in III Semester has **Housing and Furnishing** Course paper I for **One** credits: The paper is compulsory. Details of the course is as under

Course No 1 (Paper No. 14)

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	01	01	15	1 hour	10	20	30

Formative Assessment- 10 Marks: -

Home Assignments marks - 5 Marks

Objective Test-5 marks

Summative Assessment – 20 marks: - Semester end exam marks 20

Course Outcomes (CO) Title: Housing and Furnishing

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

1. Understand the concept and principles of housing plans.
2. Apply the principles of work simplification and ergonomics.
3. Gain knowledge of household furnishing.

Syllabus- Course 1:	Total Hours: 15
Title: Housing and Furnishing	
Unit –I Housing and Furnishing	15 hrs
Chapter I Housing i) Concept, Principles and Functions ii) Vastushastra- Introduction to basic vastushastra. iii) Selection of Site and Structural planning of House.	5 hrs
Chapter II Work simplification and Ergonomics i) Work Simplification-Concept, Importance and principals. Mudel's law of changes ii) Ergonomics- Concept, Scope and its use for work simplification.	5 hrs
Chapter III Household furnishing. i) Furniture – Selection and Furniture arrangement.	5 hrs

ii)	Curtains- Need, Selection, Types and Care.	
iii)	Rugs and Carpets- Importance, types, Selection and care.	

References for Theory and Practical

References:

1. Morton R., "Home and its furnishing".
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4. Stella S. Sounderraj, A Text book of household Arts.
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7. डॉ. नुझत सुलताना, गृह सजावट व गृह करना, ज्ञान प्रकाशन, औरंगाबाद,
8. डॉ. वैरागडे, प्रा. लाठकर, प्रा. मुळे आधुनिक गृहव्यवस्थापन, विद्या प्रकाशन, औरंगाबाद.
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M.A. Home Science III Semester

Discipline Specific Course (DSC-9+ DSC 10)

The Course **Home Science** in III Semester has 1) **Extension & Community Health Management & Clinical & Therapeutic Nutrition** Course Practical paper is compulsory has two credits. Details of the course is as under.

Course No 1 (Paper 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	DSCP 6	Practical	02	04	60	2 hours	30	50	80

Syllabus- Course 1:	Total Hours:
Title:) Extension & Community Health Management & Clinical & Therapeutic Nutrition	
Unit - 1 – Extension & Community Health Management	30 hrs
Chapter 1- Demonstration on First Aid and Report writing.	10 hrs
Chapter 2 – Assignment on current health Indices.	10 hrs
Chapter 3- To conduct a survey of a successful self help group.	10 hrs
Unit-2 Clinical & Therapeutic Nutrition	30 hrs
Chapter 1 Planning & Preparation of modification in Therapeutic diet.	10 hrs
1. Clear fluid diet.	

01	HSCP VI	Practical	02	04	60	2 hours	30	50	80
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.Syllabus- Course 1:	Total Hours:
Title: Mental health & counselling & Housing and furnishing	
Unit - 1 – Mental health & counselling	30 hrs
Chapter 1- Visit to a counselling center and report writing	10
Chapter 2-Demonstration on Techniques of securing information.	10
Chapter 3- Making Poster/ flow chart / folder on mental health of children.	10
Unit-2 Housing and furnishing	30 hrs
Chapter 1 Making a House plan for Different Economic Groups	10
Chapter 2 Demonstration on techniques of work simplification.	10
Chapter 3 Preparation of Scrap book on different types of curtains, rugs and carpets.	10

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 1 (Paper No.15)

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 marks 10 Marks

Case Studies: - 20 Marks,

Objective Test-10 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

Syllabus	Total Hours: 60 hrs
Title: III (A) Home Based Catering	
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 Portion 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

References-

1. West B. Bessie & Wood Levelle (1988) Food Service in Institutions 6" 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

Syllabus- 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

References:

1. Wardlaw, Smith: Xontempory 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.	5 Marks

Modification in Texture. High fiber, & Low fiber.	
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

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,"17" Ed., Macmillian

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9. Dr Molwane Manjusha "Nutrition"Kailash Publication, Abad.

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11. Dr Minakshi Tamekar, "Nutrition and Health", Vishvo Publishers & Distributers. A bad.

12. Mrs Pharkade, "Mrs GongePoshan and Aharshastra".Pimpalpure and co.publishers,Nagpur.

13. Dr Asha Deoskar, "Pushan Shastrachi mul tatve"..Vidya Prakshan,Nagpur.
- 14 .Dr Indera Khadse,"Annshastra",HimalyaPublishingHouse,Nagpur.
15. Mrs Shobha Wagmare,"Ahar and Poshan".Pimparapure,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

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

Course No 1 (Paper No.15)

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		04	08	120		100	-	100

Formative Assessment- 100 Marks: -

.Syllabus-	Marks
Title: Research Project	
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

