

Faculty of Art

P.K.University

Shivpuri (MP)



Evaluation Scheme & Syllabus
Master of Art (M.A.)- Home Science

(Taken from Bundelkhand University)

1st Year: 1st Semester

Paper-I

MA-HOS101: Advance Human Development

Unit : I	Human development: Concepts, Principles, Growth and development Pre-natal period and Birth: Development, genetic and environmental factors delivery and birth.
Unit : II	Infancy: Physical and perceptual development; Cognitive, social and emotional development.
Unit : II	Early and Middle Childhood: Physical and motor development; Cognitive development; Social and Emotional development.
Unit : IV	Adolescence and Adulthood: Physical development; Cognitive development; Social and Emotional development

Books and References:

1. Chaubey BK (1990) A hand book of education extension, Jyoti publication, Allahabad.
2. Singh, R.(1987)Text book of extension Sahitya kala Prakashan,Ludhiana.
3. Extension programme planning, oxford and IBH publishing company Pvt. Ltd. New Delhi.
4. Agarwal Neeta and Tripathi Akansha-Manav Vikas
5. Rice FP-Humandevlopment,Alifespamapproach,NJPrenticeHall-1965
6. Shrivastava DN and Verma Preeti-BalManovigyanAvam BalVikas

1st Year: 1st Semester
Paper-II
MA-HOS102: Food Science

Unit : I	Introduction to Food Science: Constituents of Foods- General, physical and chemical properties; Colloidal systems; gels; emulsions. Enzymes: Importance of enzymes and their application in Food Industry.
Unit : II	Cereals and Cereal Product: Types, composition and structure; Functional properties of starch; Wheat starch and Gluten formation; Properties of Amylase and amyl pectin. Fats and Oils: Types and Sources (Animal and Vegetable); Functional properties and uses in cookery.
Unit : III	Milk and Milk Products: Composition; Use sin cookery; Effects of Heat, Enzymes. Eggs: Structure, Composition and Grading; Changes during storage; functional properties. Meat, Fish and Poultry: Structure and composition.
Unit : IV	Pulses and Legumes: Composition and structure; Selection and variety; Functional properties of pulses. Vegetables: Composition and Classification; Changes occurring during cooking; Pigments and flavor constituents. Fruits: Composition, changes occurring during maturation and ripening. Pigments and flavor constituents.

Books and References:

1. Bealon GH and Bagos JM(eds.)(1996),Nutrition, in preventive medicine WHO
2. Charley H(1982).Food Science (2ndedition),John Wiley &Sons, New York
3. Mishra Ushaand Agarwal Alka-Ahar Avam Poshan Vigyan
4. M.Swaminathan-Advanced text book on Food and Nutrition, Vol. I and II
5. R.Rajlakshmi-Applied Nutrition

1st Year: Semester-1st

Paper-III

MA-HOS103: Extension and Communication Concepts in Community Development

Unit : I	Community: Definition concept and characteristics of a community; Structure and organization of different types of communities: tribal, rural and urban. Social groups and Organizations: Concept types, characteristics of different social groups, interests, attitudes and motivations for affiliation Community Leadership: Concept, leadership theories; patterns and characteristics of leadership in different communities; Role of leadership in community development.
Unit : II	Extension: Meaning, changing concept of extension, philosophy, objectives, principles, functions, components of extension. Community Development Programme. ICAR extension system
Unit : III	Extension Teaching: Methods and Process; Steps in extension teaching methods; Teaching Aids; types, characteristics and functions; Role of Media in the Process of learning; Cone of Learning.
Unit : IV	Development Communication: Definition, Nature, Role and Significance of Development Communication; Interrelation between Development and Development Communication; Models of Development Communication.

Books and References:

1. Communication for development in the third world theory and practices (1991). Sage publication, New Delhi.
2. Chaubey B.K (1990).A hand book of education system, Jyoti publication, Allahabad.
3. Dahama OP and Bhatnagar OP- Education and communication for development, Oxford Publication Company New Delhi
4. Harpalani-Prasar Shiksha.

1st Year: 1st Semester

Paper-IV

MA-HOS104: Research Methodology

Unit : I	Social Research: Concept, Nature, Scope, Types of Researches in Home Science. Methods of Social Research: induction, Deduction, Qualitative, Quantitative. Historical Comparative and Evaluative. Formulation and selection of the Research Problems Participatory Research
Unit : II	Hypothesis: Concept, Types and Significance Research design: Concept, Types and Significance. Sampling: Concept, Types and Significance.
Unit : III	Sources of Data Collection: Primary and Secondary, Field and Documentary Tools of Data Collection: Interview guide, Interview schedule. Observation and questionnaire. Methods of Data Collection: Interview, Questionnaire, Observation, Case Study and Projective techniques.
Unit : IV	Measurement and Scaling. Processing of Data. Analysis and Interpretation of Data Report Writing.

Books and References:

1. Asthana Vipin, Srivastava Vijay- Educational research and statistics
2. ShrivastavaDN-AnusandhaanVidhia
3. Kapil HK- Research methods in Behavioral Sciences
4. Goode and Halt- Methods of Social Research
5. ParasNathRoy-AnusandhanParichay
6. Jain Gopal research Methodology, methods, tools and techniques, Mangal Deep Publication, Jaipur(1998)

1st Year: 1st Semester
Paper-V

MA-HOS105: Practical

1. Preparation of teaching aids-Charts, posters, flashcard, pupette, literature, etc.
2. Visit to a nearby slum area or other places and report writing.
3. Sessional work.
4. Viva-voice.

1st Year: 2nd Semester

Paper-I

MA-HOS201: Concepts of Nutrition

Unit-I	<p>Minimal Nutritional Requirements and RDA: Formulation and RDA and Dietary Guidelines; Reference Man and Reference Women; Body Composition.</p> <p>Energy in Human Nutrition: Energy Balance; Assessment of Energy Requirements; Deficiency and Excess.</p> <p>Carbohydrates: Digestion; absorption and metabolism(Glycolysis, Gluconeogenesis); Regulation of Blood Sugar; Glycemic Index of Foods; Dietary Fiber; Composition, Properties and Nutritional Significance.</p>
Unit-II	<p>Proteins: Digestion, absorption and metabolism Assessment of Protein Quality (BV, PER, NPO); Factors affecting bio-availability.</p> <p>Lipids: Digestion, absorption and metabolism, synthesis and breakdown of unsaturated fatty acids, cholesterol, phospholipids and triacylglycerol.</p>
Unit-III	<p>Minerals: Requirements functions, deficiency and toxicity.</p> <p>Vitamins: Sources, requirements, functions, deficiency and toxicity.</p>
Unit-IV	<p>Nutrition through the life span: Meal planning during adulthood, pregnancy, lactation, infancy, pre-school age, adolescence.</p>

Books and References:

1. Gopalan C.(eds.)(1993)Recent Trends in Nutrition, Oxford University Press
2. Jallineck G(1985). Sensory Evaluation of Food theory and practices, Ellis Harwood Chicester.
3. M.Swaminathan- Advanced textbook of Foods and Nutrition, Vol. I and II
4. R.Rajlakshmi-Applied Nutrition
5. Rice FP-Human Development, A life Span approach, N.J.Prentice Hall, 1965.

1st Year: 2nd Semester
Paper-II

MA-HOS202: Theory of Management

Unit-I	Management: Concept, Objectives, Nature, Philosophy, Principles. Decision-making: Concept, Types, Modes of Decision Making, tools and Techniques.
Unit-II	Planning: Concept, Nature, Purpose, Principles. Organization: Concept, Nature, Purpose, Principles and Types. Staffing: Concept, Principles Recruitment: Concept, Types, Principles.
Unit-III	Directing: Concept, Nature, Types and Significance. Controlling: Concept, Objectives, and Principles. Monitoring and Evaluation: Concept, Tools and Techniques.
Unit-IV	Personality: Concept, Development, and Determinants. Attitudes: Concept, Difference between Beliefs and Values Stress: Concept and Management

Books and References:

1. Gross IH and Crendall EW Knoll MM-Management for modern families, Prentice Hall Inc. New Jersey 1980.
2. Patani Manju-Gruh Prabandh
3. Mamoria C.B, Personnel management, Himalaya Publishing House, Mumbai, 1998.
4. Vishwanath, worker's Participation in management, Mittal publications, New Delhi 1992.
5. Nickell and Dorsey-Management in family living
6. Bakshi BK-Gruh Prabandh.

1st Year: 2nd Semester
Paper-III

MA-HOS203: Fabric Construction and Care

Unit-I	<p>Principles of Fabric manufacture: Characteristics and significance of Different processes- Woven Knitted, Laces and Braids. Weaving: Types of Weaver- Basic and Decorative. Knitting: Types of Knitting, Properties. Felts and Non-Woven: Felting process, Knitting, Bonding and lace-making.</p>
Unit-II	<p>Fabric finishing Methods: Classification of finishes. Singeing, beating, calendaring, weighing, shrinking, mercerization, Parchmentisation, Wash-N-Wear. Special Purpose finishes: Flame retardant, Water resistant and repellent, antistatic, stain and soil release finish</p>
Unit-III	<p>Dyeing with Chemical dyes: Dyes classification, users. Theory of dyeing; Types of dyeing-Stock dyeing, Yarn dyeing, Piece dyeing.</p>
Unit-IV	<p>Laundry Science: Stains- Classification and methods of removal; Soaps and detergents-Composition, manufacturing, application, merits and limitations. Whitening agents: Types and functions. Dry cleaning agents, methods, advantage and disadvantage.</p>

Books and References:

- 1 Verma Pramila- Vastra Vigyan Avam Paridhan.
- 2 Henry, Sapnaand and PatniManju-ParivarikPariodhanVyavastha.
- 3 SinghVrinda-VastraVigyanAvamParidhan.

1st Year: 2nd Semester
Paper-IV

MA-HOS204: Children with Special Needs

Unit-I	Introduction to Children with Special Need: Definition and terminology; Types of special children; Children at risk poverty and gender issues; Genetic and environmental factors in disability; Effect of the disability on the child; Need for intervention, education, rehabilitation; Role of family and childcare worker.
Unit-II	The Child with Mental Retardation: Definition and classification; Causes of mental retardation; Identification; Characteristics; Managing children with mental retardation at home; Special educational measures. Gifted Children: Definition, Characteristics of gifted children, identification, special educational measures, role of parents.
Unit-III	The Children with communication disorders: Definition and meaning; Classification; Causes; Management and education of children with communication disorders.
Unit-IV	Children with behavioral Disorders: Definition; General causes; Types; Behavioral problems associated with Autism.

Books and References:

- 1 Kirk Samuel, Educating Exceptional children, TBH, New Delhi.
- 2 BhargavaM. (1994)- Introduction to exceptional children, Sterling Publishers, New Delhi.
- 3 Agarwal Neeta-Manav Vikas
- 4 Grewe (JS (1998)- Early Childhood Education, foundation in Practices Harprasad Bhargwa Publication, Agra
- 5 Soni Romila-Early Childhood care and Education

1st Year: 2nd Semester
Paper-V

MA-HOS205: Practical Paper

- 1 Planning, preparation and calculation of meal for different age groups.
- 2 Table setting and meal presentation.
- 3 Identification of weave by sample collection.
- 4 Sessional work.
- 5 Viva-voice.

2nd Year: 3rd Semester

Paper-I

MA-HOS301: Therapeutic and Community Nutrition

Unit-I	Basic concepts of Diet Therapy: New trends in delivery of nutritional care and dietary counseling. Energy modifications and nutritional care for weight management: identifying the overweight and obese; Factors contributing to obesity; Low energy diet and behavioral modifications; Underweight- etiology and assessment; High energy diets for weight gain.
Unit-II	Diets for Stomach diseases: Gastric and duodenal ulcers; Diarrhoea and Constipation-symptom and dietary management. Diseases of the Liver: Viral, Hepatitis cirrhosis is of liver. Diabetes Mellitus: Classification, symptoms, metabolic changes and dietary management. Diseases of Musculo-Skeletal System: Rheumatoid Arthritis, Osteo-arthritis, gout.
Unit-III	Concept of Community nutrition: Nutritional problems of the Community and its implications for public health. Causes, incidents, signs and symptoms and treatment of PEM, Iron deficiency, Iodine deficiency, Fluorosis and Lathyrism.
Unit-IV	Assessment of Nutritional Status: Meaning, Need, Objectives and Techniques. Primary Methods: Anthropometric measurement: Weight, Height, Skin Fold Thickness, Head Circumference, Chest Circumference: Use of Growth Chart, Diet Survey. Secondary Methods: Vital Statistics; Mortality Rates- Crude death rate; Infant Mortality Rate; Maternal Mortality Rate; Survival Rate; Fertility rate

Books and References:

1. Potter N, and Hotchkiss JS (1996). Food science, Fifth edition CBS, Publishers and Distributors, New Delhi.
2. Park K. (2000). Park text book of preventive and social medicine, 18th edition, M/S Banarsidas Bhanot, Jabalpur.
3. WHO (1999). Nutrition for health and development progress and prospects. On the eve of the 21 st century WHO INHD, 99.9 Geneva.
4. Bakshi BK- Pathyapathay Avum Upchararth Poshan
5. Davidson and Pass more- Human Nutrition and Dietetics
6. Jelliffe-Clinical nutrition
7. Proud fit and Robinson- Nutrition and Diet Therapy

2nd Year: 3rd Semester
Paper-II

MA-HOS302: Communication Technologies in Extension

Unit-I	Communication Systems: Types of communication systems- concept, functions and Significant interpersonal, organizational, public and mass communication. Elements, character and scope of mass communication. Mass communication-models and theories; Visual communication- elements of visual design- colour, line, form, texture and space; Principles of visual design- rhythm, harmony, proportion, balance and emphasis; Visual composition and editing.
Unit-II	Media Systems: Trends and Techniques: Concept, scope and relevance of media in society; Functions, reach and influence of media; Media science in India, issues in reaching out to target groups; Contemporary issue in media: women and media, human rights and media, consumerism and media.
Unit-III	Advertising: Definition, concept and role of advertising in modern marketing system and national economy.
Unit-IV	Elementary Computer Application in Communication: Introduction to Basics of Computers; Report preparations and presentations; Scanning, Designing and Printing.

Books and References:

1. Daham OP and Bhatnagar OP-education and communication for development, Oxford Pub, company, New Delhi.
2. ChaubeyBK(1990)Ahandbookofextensioneducation,JyotiPublication,Allahabad
3. Joshi Umar (1997)-Textbook of Mass communication and Media, Anmol Publication, New Delhi
4. Shaw, Pushp Geeta, Shaw Sheela Jayas- Prasar Shiksha

2nd Year: 3rd Semester
Paper-III

MA-HOS303: Fabric Ornamentation and Apparel Designing

Unit-I	Dyeing: Tie and Dye and Batik; Dyeing with natural dyes, use of pigments; Dyeing auxiliaries and their use; Dyeing defects and their remedies,
Unit-II	Printing: Printing methods-Block, stencil, screen, roller, rotary; Printing styles direct, resist, discharge, photographic, transfer, flock printing; after treatment of printed goods.
Unit-III	Embroidery: General embroidery techniques; Hand embroidery- knowledge of 25 hand embroidery stitches; Traditional Indian embroidery- Chikankari, Kasuti, Phukari, Kashida, Kantha, Kutch, and Kathiawar, Appliqué Woke and Quilting: Appliqué Work-basic, hand appliqué; Machined appliqué. Quilting- the art, quilting tools, designs; Basic quilting technique,
Unit-IV	Layout planning: Calculation and estimation of fabric for garment construction, Types of layout Fittings of different garments: Principles, common fitting problems for different figure types Pattern making

Books and References:

1. Agarwal Rajni and Gupta Sanjula- Paridhan Nirman Avam Fashion Designing.
2. Patni Manju- Vastravigyan Avam Paridhan Vyavastha. Star publication Agra,
3. Tumter GL- Cutting and tailoring.
4. Verma Pramila- Vastravigyan Avam Paridhan.

2nd Year: 3rd Semester
Paper-IV

MA-HOS304: Statistics and Computer Applications

Unit-I	Statistics: Meaning, Uses and Diagrammatic representation of Data Measures on Central Tendency.
Unit-II	Correlation: Karl Pearson's Rank Correction Coefficient Index Number Probability: Concept and Theory Chi Square "t" test
Unit-III	Fundamental of Computer: History of Computers, Generation of Computer, Language, Components, Applications of Computers. Operating System and Internet: MS-Windows and Internet.
Unit-IV	MS-Office: MS-Word, MS- Excel and Power Point.

Books and References:

1. Laudon Kenneth C. and London Jane Price, management information system: A complementary perspective, Macmillan Publishing Company, New Delhi.
2. Banerjee, Utpal K. and Sachdeva RK. Management information system: A new Framework, Yikas publishing House, Pvt.Ltd, New Delhi.
3. Ethens DN- Fundamentals and Statistics

2nd Year: 3rd Semester
Paper-V
MA-HOS305: Practical Paper

1. Sample preparation-Embroideries, Tie and dye, Batik and printing
2. Article- appliqué work.
3. Anthropometric measurements.
4. Drafting and stitching 'A' line frock, ladies suit and petticoats
5. Sessional work
6. Viva-voice

2nd Year: 4th Semester

Paper-I

MA-HOS401: Entrepreneurship management and consumer Economics

Unit-I	Entrepreneurship management: concept need and process of entrepreneurship development enterprise. Types and role. Entrepreneurship Motivation and competency: Important feature of entrepreneurship personality
Unit-II	Concept of consumer economics: consumer and his wants: origin of human wants, characteristics of wants classification of wants; Demand: determinants elasticity.
Unit-III	Consumer protection: Government protection; public protection; standardization of consumer goods and testing methods
Unit-IV	Market and Marketing: Concept classification-function types whole sale, retail etc; Marketing Environment, Marketing Strategies concept, type based on protection, seller, Demand. Market and Market prices: Definition and types of market prices: Pricing under perfect and imperfect competition and monopoly.

Books and References:

1. Patel. Women entrepreneurship developing new entrepreneurs Ahmedabad 1987.
2. East Robert (1990) Changing consumer behavior, Cassal education limited. Artillery House artillery row London.
3. Garman and Thomas et al (1974) the consumers, world buying, Money management and issue, Tata McGraw Hills books Co. New York.

2nd Year: 4th Semester

Paper-II

MA-HOS402: Family Guidance and Counseling

Unit-I	Family Guidance and Counseling: Basic difference in guidance, advice, counseling and Therapy, Basic concept, meaning, definition, nature, scope of family guidance and counseling. Guidance and counseling needs of individuals and families systems.
Unit-II	Principals and objectives of family guidance and counseling Theories and Approaches of guidance and counseling The Indian approach Meditation and yoga exercises.
Unit-III	Types of counseling Qualities and skills of a counselor Evaluation of guidance and counseling
Unit-IV	Nature of psychological disorders: at different stages that require Counseling: Childhood, adolescence, and youth, adulthood and old age Principals of counseling and therapy: Approach to counseling at different development stage, Family therapy approach

Books and References:

1. Nichols M.P., Schwartz R.C.; Family Therapy (2004) Allyn and Bacon Boston.
2. Nelson-Jones, Richard (1999) Introduction to counseling skills, stage publication New Delhi.
3. Palmer Stephen(1999) Introduction to counseling and psychotherapy sage Publication, New Delhi
4. Street Eddy(1994) counseling for family problems, sage publication New Delhi

2nd Year: 4th Semester
Paper-III

MA-HOS403: Institutional Food Administration

Unit-I	Introduction to food service systems: characteristics of various types of food service unites
Unit-II	Management of resources: Finance; detennining, the finances need to established or run a unit; budgets; sources of finance; planning adequate cash flow Space for equipment: steps in planning layouts; determining equipment; selection in placement; maintenance of equipment, layout analysis
Unit-III	Material: Menu planning established to different system; Recipe and development and standardization of yield. Staff: Manpower planning, manpower placement, recruitment, introduction motivation in performance appraisal
Unit-IV	Cost accounting/analysis: Food cost analysis; record to maintained; report and trend analysis, marketing in sales management; Marketing strategies, sales analysis, market promotion.

Books and References:

1. WHO (1999) nutrition for health and development progress and prospects. on the eve of the 21st century WHO INHD, Geneva.
2. Gopalan C.(eds) (1993)Recent trends in Nutrition
3. Mohini Sethi-Institutional management
4. M Swaminathan-Advanced textbook on Food and Nutrition, Vol. I and II
5. Mishra Ushaand Agarwal Atka-Abar Avam Poshan Vigyan

2nd Year: 4th Semester

Paper-IV

MA-HOS404: Dissertation

2nd Year: 4th Semester

Paper-V

MA-HOS405: Practical

1. Fancy recipes-preparation
2. Planning menu for quantity-banquet, outdoor catering, packed meal and restaurant
3. Sessional work
4. Viva-voice