

P.K. University, Shivpuri (M.P.)
Faculty of arts

Evaluation Scheme & Syllabus
Home Science
(Ph.D.)

Evaluation Scheme

HOME SCIENCE

Sr.No.	Title of Course	Paper Code	Maximum Mark's	Qualify Marks 65%	No. of Credits (Per week)	Teaching Lecture	Exam Duration
1-	Research Methodology	PRESEAR101	100	65	04	60	03 hours
2-	HOME SCIENCE	PHOMEDR102	150	65	06	90	03 hours
3-	Research and Publication Ethics	PRESECP103	50	33	02	30	02 hours
Total	-		300	163	12	180	

Home Science Syllabus

Ph.D. Course Work

SPECIFIC OBJECTIVES,

- 1) To understand the advanced aspects in Home-Science.
- 2) To recognize the role of advanced studies in various areas of Home-Science.
- 3) To acquaint with recent advances in the field of Home-Science.

Unit I :

15 lectures

Food and Nutrition

- a) Macro and Micro – Nutrients Human Nutritional Requirements
- b) Assessment of Nutritional Status Nutrients - Definition, Types of Nutrients - Energy, Carbohydrate, Protein, Fats, Vitamin and Minerals, Water (Sources, functions & deficiency symptoms.
- c) Recommended Dietary allowance, ICMR-2020, General Principles of RDA, Practical application of RDA, Indian Standards for Heights & weight, Body Pass Index.

- d) Studies of traditional and novel foods in India, value added foods, non nutritive foods.
- e) Processing technology of foods and nutritional implication for cereals, pulses, oil seeds, fruits and vegetables, milk, meat, fish and eggs. Impact of environment on Health and Nutritional status of the community. Food allergy, food safety and security, Food adulteration, Food spoilage, Food distribution system.

Unit II :

15 lectures

- a) Concept of Home management, System approach to family, Input, Output and feedback.
- b) Family Resources – Management of Resources like time energy and money; Basic characteristics of Resources; Efficient methods of utilization of Resources.
- c) Family Life Cycle – Demands upon resources like time, energy and money.
- d) Concept of Ergonomics – its importance and application in home.
- e) Concept of Communication process and its importance in family; Barriers in Communication process; Measures for Effective Communication.
- f) Concept of Work Simplification – its importance in home; Simple pen and pencil technique.
- g) Consumer Education – Laws protecting consumer; Role of consumer society in protecting consumer; Kinds of adulteration; Identification of adulteration.

Unit III :

15 lectures

- a) Problems during different stages of life cycle i.e. childhood, adolescence, adulthood and old age(physical, behavioral, psychological and social)
- b) Early childhood education and care centers : crèches, anganwadi, daycare, play schools, Kinder gartens, schools for special children, child welfare organizations i.e. CRY, UNICEF. Government policies for child welfare, NGO's working for child welfare.

Unit IV:**15 lectures**

- a) New developments in fibre manufacturing in India. i.e. bi component, bioconstituent and special purpose fibres. i.e. heat, water, crease, fire, fungal resistance fibres.
- b) Entrepreneurship development in women through Home Science education, policies and programmes for development of women entrepreneurs.

Recommended readings:

1. Essentials of Food and Nutrition by M. Swaminathan, Vol II. The Bangalore printing and publishing co. Ltd. No. 88 Mysore road, Bangalore 560 018.
2. Food Science by Norman N. Potter, Joseph H. Hotchkiss, V Edi. CBS Publisher and Distributors, 4596/1A, 11, Dariaganj, New Delhi - 110 002.
3. Management for Modern Families by Gross Crandell and Knoll.
4. Child Development by J. N. Vyas.
5. Community Development - by Govt. of India.
6. Food, Nutrition and Health by Vijaya Khader Kalyani Publishing House, Ludhiyana.

7. Ergonomics at Work by Osborne David, John Willey and Sons, Chickester, London.
8. Early Childhood Care and Education by V. K. Khurshid Al. Eslam.
9. Foundation of Arts Design. Bhatt P.D., Goenkas.
10. Handbook of Textile Fibres and Man made Fibres by Cook. J. Gorden, Merrow publishing Ltd. England.
11. Entrepreneurship for Women in India by Akhauri M. M. P. 1990, Publishing .
12. Srilakshmi, B. (2020). *Food science*. New Age International.
13. Srilakshmi, B. (2020). *Nutrition Science*. New Age International.

