

# **NEHRU GRAM BHARATI UNIVERSITY**

**Kotawa – Jamunipur – Dubawal**

**Allahabad**



**M.A. first & second year**

**(Semester – I<sup>st</sup> to IV<sup>th</sup>)**

**Home Science**

**Effective for 2016 & onwards**

**NEHRU GRAM BHARATI UNIVERSITY  
JAMUNIPUR KOTWA ALLAHABAD**

Revised syllabus of  
M.A.  
Home Science  
Semester I to IV  
(with credit System)  
Effective from 2016 & on words  
Curriculum Structure for  
M.A. I semester

Unit	Title of the paper	credit	marks Ex. In.
Paper			
I	Food & Nutrition	04	80+20=100
II	Human development	04	80+20=100
III	Consumer Economies	04	80+20=100
IV	Family & population education	04	80+20=100
V	Practical	02	80+20=100
	Total credit.	18	Total marks. 500

Curriculum structure for  
M.A. II Semester

Unit	Title of the paper	Credit	Marks Ex. In.
Paper			
I	Therapeutic and community nutrition	04	80+20=100
II	Psychology of Adolescence	04	80+20=100
III	Home Economics	04	80+20=100
IV	Marriage & Society	04	80+20=100
V	Practical	02	80+20=100
	Total credit	18	Total Marks 500

**Curriculum Structure for  
M.A. III Semester.**

Unit	Title of the paper	Credit	Marks Ex. In.
Paper			
I	Introduction to textile and clothing	04	80+20=100

II	Home Management	04	80+20=100
III	Rural Education	04	80+20=100
IV	Research Methods and Statistics	04	80+20=100
V	Practical	02	80+20=100
	Total credit	18	Total marks 500

**Curriculum structure for  
M.A. IV Semester**

Unit/Paper	Title of the paper	Credit	Marks Ex. In.
I	Textile and Apparel designing	04	80+20=100
II	Specific Resource Management	04	80+20=100
III	Education and Communication for development	04	80+20=100
IV	Research Methodology	04	80+20=100
V	Project/Dissertation	02	80+20=100
	Total Credit	18	Total marks=500

M.A. FIRST YEAR  
HOME SCIENCE  
(First Semester)

**Paper –I** **FOOD &NUTRITION**

**Unit I: Meal planning** credit -I

- I. Definition-Food, Nutrition and Nutrients.
- II. Dietary Allowance: Meal planning, principle of meal planning, Factor effecting meal planning .

Unit II: Fundamental of Nutrition credit-I

- I. Nutritional Status: Good Nutrition, Mal Nutrition & Under Nutrition
- II. Assessment of Nutritional Status
- III. Nutritional importance & their inter-relationship.

unit III: Nutrition during infancy to old age credit-I

- I. Nutrition during infancy
- II. Nutrition during childhood
- III. Nutrition during adolescent
- IV. Nutrition during adulthood
- V. Nutrition during old age

unit IV: Nutrition during Special condition Credit- $\frac{1}{2}$

- I. Pregnancy
- II. Lactation

unit V: Food Microloiology credit  $-\frac{1}{2}$

- I. Food contaminants
- II. Food spoilage
- III. Role of microdoiology in food industry.
- IV. Utility of food & Nutrition in rural area

**Reference**

- (i) Food & Nutrition- Dr. Usha Mishra
- (ii) Food & Nutrition- Dr. Vrinda singh
- (iii) Essentials of food & Nutrition – M. Swaminathan
- (iv) Reading in food, Nutrition & Dieteties – V.K. Kaushik
- (v) Food and Nutrition – Dr. Alka Agrawal
- (vi) Ahar awam poshan vigyan- Mr. B.K. Bakshi

**Unit I: Introduction of Human development**

credit-1/2

- I. Nature and principles of development
- II. Determinants of development
- III. Different methods of child study
- IV. Effect of heredity and environment on child development

**Unit II: Prenatal development**

credit-1/2

- I. Types of birth
- II. Birth Process
- III. Complication and discomfort related to birth process

**Unit III: Infancy**

credit-I

- I. Newborn features and capabilities
- II. Physical and motor development during infancy
- III. Social and Emotional development

**Unit IV: Development during childhood to Adolescence** credit-I

- I. Motor and physical development
- II. cognitive and social development
- III. Moral development

**Unit V: old age**

credit-I

- I. Definition: Physiological and psychological changes in old age
  - i. Influence of ageing
- II. Knowledge, attitude and practices regarding child rearing practices in rural area

**References:**

- (i) Ckky fodkl ,oa ckyeuksfoKku & MkW0 Mh0,u0 JhokLro
- (ii) cky fodkl & MkW0 o`ank flag
- (iii) ekr`dyk ,oa f`k`kq dY;k.k & MkW0 th0ih0 `kSjh
- (iv) Early Childhood education – J.S. Grewel
- (v) ekr`dyk ,oa cky fodkl & fÁ;aonk ykBdj
- (vi) cky fodkl & Áhrh oekZ

Paper III CONSUMER ECONOMICS

Unit I: Consumer and his wants credit- 1/2

- I. Meaning Definition, Characteristics and classification of wants.
- II. Factor influencing wants

unit II: Consumer credit I

- I. Consumer decision making
- II. Consumer rights and responsibilities
- III. Consumer Protection law

Unit III: Living Standard and consumption Credit- 1/2

- I. Consumer standard of living
- II. Causes of lower Standard
- III. Factor influencing standard of living

Unit IV: Consumer problems Credit-I

- I. Adulteration
- II. Faulty weights and measures
- III. Pricing
- IV. Other mal practice in market

Unit V: Consumer choice credit-1

- I. Factor influencing consumer choice
- II. Customs and fashion
- III. Advertisements, sales promotion, packaging
- IV. Types of goods or verity of Products
- V. Impact of Advertisement, sales promotion and packaging in rural areas.

Reference:

- (i) उपभोक्ता अर्थशास्त्र— डॉ० नरेशचन्द्र त्रिपाठी एवं गरिमा त्रिपाठी
- (ii) उपभोक्ता अर्थशास्त्र— डॉ० बी०डी० हरपलानी
- (iii) उपभोक्ता अर्थशास्त्र— डॉ० बीना निगम
- (iv) उपभोक्ता अर्थशास्त्र— डॉ० गीता माथुर

**Paper IV FAMILY & POPULATION EDUCATION**

unit I : Family credit-1

- I. Definition, characteristics, Functions & Importance of family
- II. Size of family, Merit and demerits of nuclear & Joint family
- III. Changing pattern of family

unit II: Family life cycle credit 1/2

- I. Different stages of family life cycle
- II. Importance of family life cycle

unit III: Family disorganization credit 1/2

- I. Meaning and concept of family disorganization
- II. Causes of family disorganization

unit IV : Family welfare credit-1

- I. Meaning and definition of family welfare
- II. Difficulties in family welfare
- III. Means of family planning

unit V: population Education credit-1

- I. Concept aims and significance
- II. population and environment
- III. Awareness of population education
- IV. population extension

Utility of family and population education in development of rural area

**Reference:**

- (i) समाजशास्त्र— वी. एन. सिंह
- (ii) Modern Teaching of Population education : Dr. Udai Veer
- (iii) Population education : J. C. Agarwal
- (iv) जनसंख्या शिक्षा: वी. के. राव
- (v) Family Resource management: Manju Patani
- (vi) भारत में सामाजिक समस्याएँ : तेजस्कर पाण्डेय – संगीता पाण्डे

**Peper V : PRACTICAL**

Credit-2

Meal planning for different occasion

Birthday party (Preparation & table setting)

Diwali Festival (Preparation & table setting)

Picnic Party (Preparation & arrangement)

New year party (Preparation & arrangement)

Sessional work

Recipe file

Project file

**M.A. FIRST YEAR  
II<sup>nd</sup> SEMESTER**

**Paper – I THERAPEUTIC AND COMMUNITY NUTRITION**

Credit - 1

**Unit I: Therapeutic Meal Management**

- (i) Recommended dietary allowances, Meaning and basis for I.C.M.R. allowances.
- (ii) Meal planning: Principles involved in menu planning. Menu modification to suit different age groups and social condition.
- (iii) Dietician – Qualities, role and responsibilities.

**Unit II: Therapeutic diet**

- (i) Adaption of Normal diet for therapeutic purpose: Light, Soft, Full fluid and clear liquid diet, Bland diet & then application.
- (ii) Need and importance of therapeutic diet.
- (iii) Types of therapeutic diet.

**Unit III: Planning following therapeutic diets**

Credit- ½

- (i) Diet in fevers, acute and prolonged, typhoid.
- (ii) Diet in Kidney diseases, acute and Chronic nephritis.
- (iii) Diet in relation to endocrine disorders, diabetes mellitus.
- (iv) Diet in relation to diseases of the gastro intestinal tract, Diarrhea, constipation and duodenal ulcer.

**Unit IV: Community Nutrition**

Credit - 1

- (i) Assessment of Nutritional Status of Community.
- (ii) Community health Needs and problems.
- (iii) Health Care Services.
- (iv) Role of NGOS.
- (v) Health information education.
- (vi) National Health Programmes.

**Unit V: Method and aids for imparting nutrition education in rural area.**

Credit – ½

**References:**

- (i) पथापथ्य – बी. श्रीलक्ष्मी
- (ii) **Clinical Dietetics & Nutrition - F.P Amita**

- (iii) Nutrition & Dietetics -Shubhangami joshi**
- (iv) Normal & Therapeutic nutrition – C.H. Robinson**
- (v) Essentials of food & Nutrition – Swaminathan**
- (vi) Reading in food Nutrition & Dietelics : V. K. Kaushik**
- (vii) Nutrition and diet therapy : S.R. Williom**

**Paper II: PSYCHOLOGY OF ADOLESCENCE**

**Unit I: Adolescent**

Credit – ½

- (i) Meaning, definition and the place of adolescence in the life span.
- (ii) Characteristics of Adolescent.
- (iii) A period of Transition

**Unit II: Development of Adolescent**

Credit – 1

- (i) Physical and motor development
- (ii) Intellectual development
- (iii) Social and Moral development

**Unit III: Adjustment of Adolescent**

Credit- 1

- (i) Meaning of Adjustment / Means of Healthy adjustment
- (ii) Problems of Adjustment in Adolescent
- (iii) Mental Hygiene and sex education
- (iv) Educational and Vocational interests.

**Unit IV: Problems of Adolescent**

Credit – ½

- (i) Problems of Preadolescent
- (ii) Problems of early adolescent
- (iii) Problems of late adolescent
- (iv) Types of adolescent's problems
- (v) Remedy of solving problems of Adolescent

**Unit V: Guidance of Adolescent**

Credit – 1

- (i) Meaning & Definition of Guidance
- (ii) Need of Guidance for Adolescent
- (iii) Types of Guidance – Personal, Educational and Vocational Guidance

**References:**

- (i) Feldman & Monson: Adolescence
- (ii) Feldman & Monson: Adolescence
- (iii) Feldman & Monson: Adolescence
- (iv) Guidance and Counseling in college: S.K. Kochhar
- (v) Mental Health and you: Gopal Krishanan
- (vi) Mental Health and Indian Children: M. Kapur

<b>Paper III:</b>	<b>HOME ECONOMICS</b>	
<b>Unit I: Demand</b>		Credit – ½
(i) Types of demand		
(ii) Elasticity of demand		
<b>Unit II: Utility</b>		Credit - 1
(i) Marginal Utility		
(ii) Total Utility		
<b>Unit III: Market</b>		Credit – 1
(i) Definition of market		
(ii) Types of market		
(iii) Functions of market		
<b>Unit IV: Consumer Surplus</b>		Credit – ½
(i) Meaning, definition, criticism of consumer surplus		
(ii) Significance of consumer surplus		
<b>Unit V: Price</b>		Credit – 1
(i) Meaning and price Fixation Under		
(a) Perfect Competition		
(b) Imperfect Competition		
(c) Monopoly		
(ii) Utility of Home Economics in rural area		
<b>References:</b>		
(i) Family Resource Management: Dr. Manju Patani		
(ii) Home Economics: Wendell Berry		
(iii) All about Home Economics: Deirdre Madden		
(iv) miHkksDrk vFkZ'kkL=% MkW0 chuk fuxe		
(v) miHkksDrk vFkZ'kkL=% xhrk ekFkqj		

## Paper IV: MARRIAGE & SOCIETY

### Unit I: Marriage credit -1

- (i) Concept and Meaning
- (ii) Aims and types of marriage
- (iii) Prohibition of marriage – Endogamy, Exogamy, Anuloma and Pratiloma

### Unit II: Marital Adjustment Credit – ½

- (i) Meaning and Concept of Marital adjustment
- (ii) Divorce & remarriage, recent changes

### Unit III: Society Credit – ½

- (i) Meaning and definition
- (ii) Types of society

### Unit IV: Culture and Civilization Credit – 1

- (i) Definition, Characteristics and importance of culture
- (ii) Definition Characteristics and importance of civilization

### Unit V: Social problems in rural areas credit – 1

- (i) Alcoholism, Drugs, Gambling & smoking
- (ii) Prostitution
- (iii) Unemployment
- (iv) Dowery

Their meaning, Causing and efforts of their eradication.

#### References:

- (i) fookg ,oa ifjokfjd IEcU/k% MkW0 QjQMs
- (ii) Álkj f'k{kk% ch0Mh0 gjykuh
- (iii) lekt'kkL= % th0ds0 vxzoky
- (iv) Hkkjr esa lkekftd leL;k,i% rstLdj ik.Ms & laxhrk ik.Ms

### Paper V: PRACTICAL Credit – 2

- (i) Menu Planning for different stages
  - (a) Pregnancy (Menu plan & preparation)
  - (b) Lactation (Menu plan & preparation)
  - (c) Diseases (Fever, jaundice, diabetes .....
- (ii) Enrichment –
  - (a) Protein – For malnourished children of different income groups (Quality & Quantity)

(b) Calories – Low and high calories

(c) Fiber – High & low fiber diet

(d) Minerals – Calcium, Iron & sodium – high & low

Sessional work:

(i) Practical Note book

(ii) Therapeutic diet file

## M.A.FINAL

### Paper 1 Introduction to textile and clothing

#### Unit I: Textile

credit – 1

- I. Introduction to textiles.
- II. Classification of textile fibers.
- III. Manufacture, Properties and uses of cotton, wool, silk, rayon, polyester and acrylic fibers.

#### Unit II : Study of yarns

credit ½

- I. Yarn Construction
- II. Type of Yarns

#### Unit III : Weaving

credit 1

- I. Weaving process- To study the parts and function of a loom.
- II. Types of basic and decorative weaving.

#### Unit IV : Clothing construction

credit ½

- I. Equipments and supplies used in clothing construction.
- II. Process (method) of making garments.
- III. Drafting and making paper pattern.

#### Unit V : Selection of fabric

Credit – 1

- I. Factor influencing selection of fabrics - budget, age, sex, seasons, occupation etc.
- II. Care and maintenance of fabrics practices in rural area

#### References:

- (i) oL= ,oa ifj/kku% 'ksuk [kuwtk
- (ii) oL= ,oa ifj/kku% th0ih0 'kSjh
- (iii) House hold textiles & Laundry work: Dr. D. Deulkar
- (iv) Textile fibers and their use: K. Hess
- (v) Modern pattern Drafting: I. Singh

**Paper II Home management**

**Unit : Introduction to management** credit -1/2

- Meaning and scope of home management
- Role of home management in family

**Unit II : Obstacles to the improvement of management credit -1/2**

- Lack of awareness of management
- Lack of awareness of resource
- Failure to evaluate result of management
- Seeking ready made answer to problems
- Lack of information

**Unit III : Factor motivating Management** credit – 1

- Goals – Definition and types, Utility
- Values – Importance, sources, Changing values
- standard- Definition classification quantitative, qualitative, conventional and non- conventional.
- Decision- Process and role of decision making in management

**Unit IV : Management process** credit- 1

- Planning- Meaning and importance of planning
- Organization and controlling- meaning and importance
- Evaluation-Definition and Type

**Unit V : Family characteristics influencing management** credit -1

- Life style, Types of family.
- Family size, Stages of family life cycle.
- Role of home management in rural area

**References:**

- (i) x`g ÁcU/k & eatq ikVuh
- (ii) x`g ÁcU/k] lk/ku O;oLFkk ,oa vkUrfjd ITtk & MkW0  
jhuk [kuwtk
- (iii) x`g O;oLFkk & dkfUr ik.Ms
- (iv) x`g O;oLFkk ,oa lk/ku O;oLFkku & o`ank flag
- (v) x`g O;oLFkk & th0ih0 `kSjh

### Paper III Rural Education

Unit I : Basic concept of rural education credit- 1

- What is education?
- Need and importance of rural education.
- Development of rural education.
- Rural educational programme.

Unit II : Goals of rural education credit-1/2

- To literate every rural person.
- To improve their family and social life style.
- To improve their thinking.
- Help to solve their problem themselves.

Unit III : Types of rural education credit – 1

- Formal and informal education.
- Non formal education.
- Extension Education.
- Adult education.

Unit IV : Barriers in rural education credit- 1

- Problems and challenges encountered in rural education
- Curriculum development for rural education.

Unit V : Characteristics and Differences between urban and rural education credit ½

#### References:

- (i) Principle of Educational system: Dr. Prem Sundar
- (ii)  $\text{Álkj f'k}\{\text{kk}\% \text{MkW0 ch0Mh0 gjikykuh}$
- (iii)  $\text{Álkj f'k}\{\text{kk}\% \text{xhrk iq}''\text{ik 'kkW}$
- (iv)  $\text{Hkkjr esa xzkeh.k fodkl}\% \text{MkW0 ljsUnz dVkfj;k}$
- (v)  $\text{Álkj f'k}\{\text{kk}\% \text{vuhrk jkuh}$

## **Paper IV Research method and statistics**

Unit I : Meaning and scope of statistics in research, role of statistics in research characteristics of statistics credit- $\frac{1}{2}$

Unit II : Meaning and characteristics of mean, median, and mode credit-1

Unit III : Measure of central tendency. Credit-1

unit IV : Classification, Tabulation, Frequency, Distribution, Diagrammatic and graphic representation of data. Credit-1

**Unit V** : Simple technique of data collection, Direct and participant observation, Interview, Schedule and Questionnaire, rating scale and simple surveys.

### **References:**

- (i) Foundation of Education Research: Kerlinger
- (ii) An handbook of methodology research: Dr. R.R. Deodar
- (iii) Research Methodology in social science: Ajit Kumar Patnaik
- (iv) Lkekftd vuqla/kku fof/k;kj% MkW0 [kSlkj
- (v) vuqla/kku fof/k;kj% MkW0 ,l0ih0 xqlrk

### **Paper v Practical**

**credit – 2**

- 1) Construction Techniques ( make their samples) seems, pleats, tucks, gathers, collars etc.
- 2) Adoption of basic block for the following garments- blouse, party blouse, designer suit, night/gown.

Sectional work:

- 1) Textile design and drafting file.
- 2) To prepare any one garments.
  - Tie and Die
  - Batik
  - Block printing
  - Thread Work
  - Patch work

Prepare any one article like bed sheet, cushion cover, pillow cover chair cover etc. using above mentioned work.

**M. A. FINAL**

**IV Semester**

**Paper I : Textile and Apparel Designing**

**Unit : Design analysis with respect to apparel and textile design**

credit-1

- Introduction to applied art.
- Elements and principle of design.
- Types of design.
- Characteristics of design.

**Unit II : Introduction to apparel design with respect of fashion**

- Fashion cycle.
- Style.
- Trends.
- Silhouette.

**Unit III : Finishes**

credit – 1

- Physical – Singeing, napping, brushing, shearing, sizing shrinking, tendering, and calendaring .
- Chemical – Bleaching and mercerizing.
- Special purpose finishes- Wrinkle resistant, water repellent, flame retardant etc.

**Unit IV : Laundry**

credit- 1

- Methods of laundry.
- Equipments used in laundry.
- Laundry agents.

**Unit V : Family Clothing in rural area**

credit ½

- Factor effecting family clothing.
- Wardrobe planning for the family.

**Reference:**

- (i) Fundamentals of Textile & their care: Dantyagi
- (ii) Household textile & Laundry work: D. Deulkar
- (iii) Textile fabrics and their election: B.W. Isabel
- (iv) History of textile: N.A. Sheneei
- (v) Fiber to Tabric: Isabel Wingate

## **Paper II Specific Resource Management**

### **Unit I : Resource in the family** credit – 1

- Meaning and types of resource.
- Characteristics of resource.
- Factor effecting the use of resource.

### **Unit II : Time management** Credit – ½

- Meaning and Importance of time management.
- How to do time management
- Time management in different life cycle.

### **Unit III : Energy Management** Credit – 1

- Concept and meaning of energy management.
- Energy management in different life cycle.
- fatigue types of fatigue, measures to avoid fatigue

### **Unit IV : Money Management** credit – 1/2

- Family budget- steps of family budget.
- Different types of saving and investment.

### **Unit V : Work Simplification** credit -1

- Definition of work simplification.
- Purpose of Work Simplification.
- Technique of work simplification.
- Improved technique applied to frequently performed household work in rural women.

### **References:**

- (i) Home management: Kanti Pandey
- (ii) Family Resource management: Dr. Manju Patani
- (iii) Home management: G.P. Sherry
- (iv) Home management: Brinda Singh
- (v) Home Management & Resource management: Reena Kanaujia

## **Paper III Education and Communication for rural development**

### **Unit I : Concept and function of communication** credit -1

- Meaning and Definition.
- Importance of communication.
- Function of communication.

### **Unit II : Problems in communication** credit – ½

### **Unit III : Communication approach** credit- ½

- Method of extension teaching
- Personal, group, and mass approach.
- How to select teaching tools?

### **Unit IV : Audio Visual Aids** credit – 1

- Audio Aids
- Visual Aids
- Audio- Visual Aids
- Their meaning, Importance and uses

### **Unit V : Extension Programme Planning** Credit – 1

- Meaning and Principles of Programme Planning.
- Process of Programme Planning as applied to extension programme
- Innovation

### **References:**

- (i) Extension education: Dr. B.D. Harpalani
- (ii) Extension Education: Geeta puspashaw
- (iii) Lkkeqnf;d fodkl o Álkj f'k{k.k% ckck frtkjs
- (iv) Extension Communication & Management: G.L. Ray
- (v) Principle of Educational system: Dr. Prem Sundar
- (vi) Education & Communication Or Development: O.P Dahama
- (vii) Communication Studies: J. Corner

## **Paper IV research Methodology**

**Unit I : Research – Introduction and background** credit- 1

- Meaning and origin of research.
- Definition and types of research.
- Importance of research.

**Unit II : Problems : Its nature and scope** credit – ½

- What is problem?
- Selection of problems.

**Unit III : Hypothesis** credit -1

- Meaning and classification of Hypothesis.
- Function and characteristics of good Hypothesis.
- Sources of collection of data

**Unit IV : Sample and sampling credit** -1/2

- What is sampling.
- Advantages and limitations of sampling.
- Sampling method.

**Unit V : Research methods and procedures** Credit – 1

- Type of research methods.
- Report writing.
- Presentation of research report- Result and conclusion.

References :

- (i) Methodology & Techniques of social research: P.L. Bhandarkar
- (ii) Foundation of Education research: Kerlinger
- (iii) The Science of education research: G.J. Moule
- (iv) Methods in social research: Goode & Half
- (v) vuqla/kku fof/k;k;% MkWO ,l0ih0 xqlrk

**Paper V PRACTICAL** credit- 2

Dissertation/Projects.