

<b>M.A. (HOME SCIENCE)</b> <b>SEMESTER - I</b> <b>PAPER – I (CORE)</b> <b>ADVANCED NUTRITION AND INSTITUTIONAL MANAGEMENT</b>		
<b>PROGRAMME/ CLASS: P.G. / M.A.</b>	<b>YEAR – 1</b>	<b>SEMESTER-I</b>
<b>SUBJECT – HOME SCIENCE</b>		
<b>COURSE CODE : HS101</b>	<b>COURSE TITLE : ADVANCED NUTRITION AND INSTITUTIONAL MANAGEMENT</b>	<b>PAPER - I</b>
<b>COURSE OUTCOMES:</b> <ul style="list-style-type: none"> <li>❖ To enable the students to understand the basic attributes regarding food</li> <li>❖ To understand the special characteristics of Food Science establishments.</li> <li>❖ To acquaint with importance of various foods and nutrients in human nutrition.</li> <li>❖ To develop a knowledge base in Key areas of Institutional Food Administration.</li> </ul>		
<b>CREDITS – 4</b>	<b>CORE</b>	
<b>MAX. MARKS : 100 25 + 75</b>	<b>Min. PASSING MARKS :</b>	
<b>TOTAL NO. OF LECTURES – 60</b>		
<b>UNIT</b>	<b>TOPIC</b>	<b>No. OF LECTURES</b>
<b>I</b>	<ul style="list-style-type: none"> <li>❖ Recommended dietary allowances meaning, Importance, uses and basis for the ICMR dietary allowances guidelines, Reference man and Reference women</li> <li>❖ NUTRIENTS : MICRO AND MACRO</li> <li>❖ CARBOHYDRATES: Sources, classification, function, deficiency diseases, brief idea about Metabolism of Glucose, elementary idea about Glycolysis, Gluconeogenesis and Glycemic Index of Food, Elementary idea of regulation of Blood Sugar Level.</li> <li>❖ PROTIENS: Sources, classification, function, deficiency diseases, protein digestion and elementary idea about meaning and assessment of protein quality</li> <li>❖ LIPIDS: Sources, classification, function, deficiency diseases and digestion of fat ,brief idea about saturated and polyunsaturated fatty acids</li> </ul>	<b>35</b>

	<ul style="list-style-type: none"> <li>❖ VITAMINS and MINERALS: sources, classification, functions, deficiencies and toxicity, Trace minerals: Iron and Zinc, Major Elements – Calcium, Phosphorus, Zinc, Iodine.</li> <li>❖ DIETARY FIBER: Sources and Nutritional significance</li> </ul>	
II	<ul style="list-style-type: none"> <li>❖ FOOD PREPARATION: Methods and their effects on Nutritional values of food and prevention of nutrient losses during cooking, enhancement of nutritional value during cooking</li> <li>❖ Meal planning: Principles involved in planning Menus</li> </ul>	5
III	<ul style="list-style-type: none"> <li>❖ Concept and definition of catering services in various institutions</li> <li>❖ Types of Food services-Hospital, schools, industrial canteens, travel catering etc</li> </ul>	9
IV	<ul style="list-style-type: none"> <li>❖ Type of Menu-Cyclic, Ala-a-Cardé, Table-d-hôte, Buffet etc</li> <li>❖ Serving meals for large groups and its management-Hostel, Canteen, Hospital, Railways and Airlines, ships etc</li> </ul>	11

**SUGGESTED READINGS :**

1. Text book of Human Nutrition : Banji, Rao & Reddy
2. Essential of Food & Nutrition : M. Sevaminathan
3. Advanced Text book on Foods & Nutrition Vol-I & II : M. Swaminathan
4. Normal & Therapeutic Nutrition : Proudfit & Fobeaon
5. Catering Management ; An Integrated approach : Sethi M. Malhans S (1993)
6. Applied Nutrition : R. Rajlaxmi
7. Food Science and Nutrition, Sunetra Roday, II Edition Oxford University Press
8. Mahan L.K. & Ecott-Stump, S. (2000): Krause's Food Nutrition and Diet Therapy, 10th Edition W.B. Saunders Ltd.

**M.A.I SEMESTER-I HOME SCIENCE**  
**PAPER II (Core)**  
**Fashion Design and Traditional Textiles (Theory)**

<b>Programme :M.A.</b>	<b>Year-I</b>	<b>Semester-I</b>
<b>Subject: Home Science</b>		
<b>Course Code: HS102</b>	<b>Course Title: Fashion Design and Traditional Textiles</b>	
<p>Course Outcomes:</p> <ul style="list-style-type: none"> <li>• Students will gain knowledge of types of Designs, Elements and Principles of Designs and their application to Fashion Design</li> <li>• Students will develop understanding regarding fashion, its movement and consumer behaviour.</li> <li>• Students will be able to appreciate traditional textiles and embroideries of India viz a viz their material, colour, textures and motifs.</li> </ul>		
Credits :4	Core	
Max. Marks: 25+75	Min. Passing Marks:	
Total No. of Lectures-60		
<b>Units</b>	<b>Topic</b>	<b>No. of Lectures</b>
I	<u>Design analysis with respect to fashion and textile design</u> <ul style="list-style-type: none"> <li>❖ Designs: structural, decorative, abstract</li> <li>❖ Introduction to applied art <ul style="list-style-type: none"> <li>• Elements of design</li> <li>• Principles of design</li> </ul> </li> </ul>	15
II	<u>Introduction to fashion</u> <ul style="list-style-type: none"> <li>❖ Fashion: Terminology, characteristics, contrast with customs and role in modern society</li> <li>❖ Theories of Fashion adoption</li> <li>❖ Fashion cycle</li> <li>❖ Factors influencing fashion</li> </ul>	10
	<u>Introduction to traditional Indian textiles</u> <ul style="list-style-type: none"> <li>❖ Bengal textiles: Dhaka Muslins, Baluchari and Jamdani</li> <li>❖ Kashmir shawls</li> <li>❖ Textiles from Madhya Pradesh: Chanderi and Maheshwari</li> <li>❖ Brocades: Banaras Brocades, Brocades of Aurangabad, Brocades of Gujarat</li> <li>❖ Resist dyed textiles:</li> </ul>	

III	<ul style="list-style-type: none"> <li>• Yarn dyed textiles :Patolas of Gujarat ,Ikat Textiles of Orissa, Pochampalli of Telangana</li> <li>• Fabric dyed textiles: Tie and Dye of Rajasthan and Gujarat.</li> </ul> <p>❖ Traditional printed and painted textiles of India</p> <p>Study of above traditional textiles with emphasis to texture, design, and colour</p>	18
IV	<p>Introduction to traditional Indian embroideries</p> <ul style="list-style-type: none"> <li>❖ Embroideries of Uttar Pradesh: Chikankari and Zardozi</li> <li>❖ Kasuti of Karnataka</li> <li>❖ Phulkari of Punjab</li> <li>❖ Kashida of Kashmir</li> <li>❖ Kantha of Bengal</li> <li>❖ Embroideries of Gujarat :Kutch,Kathiyawad, and Sindh</li> <li>❖ Embroidery of Himachal Pradesh: ChambaRumal</li> <li>❖ Embroidery of Manipur</li> <li>❖ Embroideries of Bihar: Sujini and khatwa(patch and applique work)</li> </ul> <p>Study of above traditional embroideries with emphasis to fabric, threads, motifs and colour.</p>	17
<p><b>Suggested Readings:</b></p> <ul style="list-style-type: none"> <li>➤ Vaibhav Dhange , Elements and Principles of fashion design (for beginners),Lambert Academic publishing</li> <li>➤ Sumathi G J, Elements of fashion and apparel design , New Age International Publishers</li> <li>➤ Santosh Bataliya (2002), Bharat ki Paramparagat kasidakari, Traditional Embroidery of India, Madhya Pradesh Hindi Granth Academy,</li> <li>➤ ShailjaD.Naik, Traditional Embroideries of India, South Asia Books.</li> <li>➤ Anjali Karolia, Traditional Indian Handcrafted Textiles, Niyogi books Pvt. Ltd.</li> <li>➤ Martandsingh, Handcrafted Indian Textiles, Lustre</li> <li>➤ John Gillow, Indian textiles ,Om books International</li> <li>➤ Minakshi Prakash, Fashion Theory, Lord Publishing House</li> <li>➤ Suggested Digital Platforms ,web Links- <ul style="list-style-type: none"> <li>• <a href="http://www.textilelearner.blogspot.com">www.textilelearner.blogspot.com</a></li> <li>• <a href="http://www.slideshare.net/MohaddesaDehghani/fashion-terminology">www.slideshare.net/MohaddesaDehghani/fashion-terminology</a></li> <li>• <a href="http://www.slideplayer.com/slide/4888082">www.slideplayer.com/slide/4888082</a></li> <li>• <a href="http://www.braincraft.com/article/theories of fashion 35653">www.braincraft.com/article/theories of fashion 35653</a></li> </ul> </li> </ul>		

**M.A I Semester I Home Science**  
**Paper - III (Core)**  
**Community Development and Extension Management**

<b>Programme/Class: Certificate</b>	<b>Year: 1</b>	<b>Semester: I</b>
<b>Subject: Home Science</b>		
<b>Course Code: HS 103</b>	<b>Course Title: Community Development and Extension Management</b>	
<p>Course Outcomes:  The student at the completion of the course will be able to:</p> <ul style="list-style-type: none"> <li>❖ Understand the role of community development programme</li> <li>❖ To be aware of the approaches to development</li> <li>❖ To creat awareness about welfare programmes</li> </ul>		
Credits: 4		Core
Max. Marks: 25+75		Min. Passing Marks
Total No. of Lectures-60		
<b>Units</b>	<b>Topic</b>	<b>No. of Lectures</b>
I	<p>Extension Teaching - learning and training</p> <ul style="list-style-type: none"> <li>❖ Methods and Process</li> <li>❖ Steps in Extension teaching methods</li> <li>❖ Teaching aids - Types, Characteristics and function</li> <li>❖ Role of media in the process of learning</li> <li>❖ Extension learning - Definition and importance, Types of training</li> </ul>	15
II	<p>Extension System</p> <ul style="list-style-type: none"> <li>❖ Outline of National Extension system in India</li> <li>❖ Welfare Programmes SHG, CARE, CHETNA, SEWA, Beti Bachao Beti Padhao, Ujjawla Yojna, STEP, Swach Bharat Abhiyan, Kaushal Vikas Yojna, Pradhan Mantritva Vandana Yojna.</li> </ul>	15
III	<p>Community Development</p> <ul style="list-style-type: none"> <li>❖ Definition, concept, principles and organization of community development</li> <li>❖ Types of community</li> <li>❖ Community development programmes in India</li> </ul>	15

IV	<p>Concept of extension management</p> <ul style="list-style-type: none"> <li>❖ Definition, nature, principles, importance, scope and need</li> <li>❖ Difference between extension education and extension management</li> <li>❖ Models of extension management</li> <li>❖ Leadership-Concept and definition</li> <li>❖ Types of leadership and qualities of a leader</li> </ul>	15
<p>Suggested Readings:</p> <ul style="list-style-type: none"> <li>❖ B.K. Chaubey (1990) A Hand book of Extension Education, Jyoti Publication, Allahabad.</li> <li>❖ Brinda Singh, Prasar Shiksha, Panchsheel Prakashan Jaipur</li> <li>❖ Dr. P.N. Kalta, Prasar Shiksha Ke Naye Ayam (2005), Rajasthan Hindi Granth Academy, Jaipur.</li> <li>❖ Kumar, Band Kashyap, S.K. 2007, Management of Training Institute.</li> </ul>		

**M.A. (Home Science)  
SEMESTER-I  
PAPER – IV (CORE)  
RESEARCH METHODOLOGY**

<b>PROGRAMME/ CLASS : P.G. / M.A.</b>	<b>YEAR – 1</b>	<b>SEMESTER-I</b>
<b>SUBJECT – HOME SCIENCE</b>		
<b>COURSE CODE : HS104</b>	<b>COURSE TITLE : RESEARCH METHODOLOGY</b>	<b>PAPER - IV</b>
<p><b>COURSE OUTCOMES:</b></p> <p>This course will enable the students to –</p> <ul style="list-style-type: none"> <li>❖ To understand the significance of research methodology in Home Science</li> <li>❖ To understand the types, tools and methods of research</li> <li>❖ To develop the ability to construct data gathering instruments of the research design.</li> </ul>		
CREDITS – 4	CORE	
MAX. MARKS : 100 25 + 75		
TOTAL NO. OF LECTURES – 60		
UNIT	TOPIC	No. OF LECTURES
I	<ul style="list-style-type: none"> <li>❖ Definition &amp; meaning and importance of research, its nature and scope.</li> <li>❖ Characteristics of Scientific research</li> <li>❖ Steps in Research</li> <li>❖ Basic principal of research design</li> <li>❖ Recent trends in research in Home - Science</li> </ul>	15
II	<ul style="list-style-type: none"> <li>❖ Research methods &amp; procedures/ Types of research, characteristics, advantages and disadvantages of research.</li> <li>❖ Historical Research</li> <li>❖ Descriptive Research</li> <li>❖ Experimental Research</li> <li>❖ Survey research</li> <li>❖ Field Research</li> <li>❖ Reliability and Validity test – meaning and types</li> </ul>	25
III	<ul style="list-style-type: none"> <li>❖ Research Problem</li> <li>❖ Definition, importance, source and types of research problem</li> </ul>	10
IV	<ul style="list-style-type: none"> <li>❖ Hypothesis – Definition, importance and types of hypothesis testing of hypothesis – Type I and Type II errors, level of significance.</li> </ul>	10

**SUGGESTED READINGS :**

1. Bhandarkar, P.L. and Wilkinson T.S. (2000): Methodology and Techniques of Social Research Himalaya Publishing House, Mumbai.
2. Bhatnagar, G.L. (1990) : Research Methods and Measurements in Behavioural and Social Sciences, Agri, Cole Publishing Academy, New Delhi
3. Gay, L.R. (1981, 2nd Ed): Educational Research, Charles, E. Merrill, Columbus, Ohio
4. Mukherjee, R. (1989): The Quality of Life: Valuation in Social Research Saga Publications, New Delhi.
5. Research Methods in Behavioral Science, Kapil H.K.
6. Foundatin of Behavioral, Karlinger F.N. Research
7. Anusandhaan Parichay, Paras Nath Rai
8. Educational Research Methods, Sareen & Sareen
9. Anusandhaan Vidhiyan, Srivastava, D.N.



<b>M.A. (Home Science)</b> <b>SEMESTER-III</b> <b>PAPER – III (CORE)</b> <b>APPLICATION OF STATISTICS TO RESEARCH</b>		
PROGRAMME/ CLASS : P.G. / M.A.	YEAR – 1	SEMESTER-III
<b>SUBJECT – HOME SCIENCE</b>		
COURSE CODE : HS303	COURSE TITLE : APPLICATION OF STATISTICS TO RESEARCH	PAPER - III
<b>COURSE OUTCOMES:</b> <ul style="list-style-type: none"> <li>❖ Will develop the ability to construct data gathering instruments of the research design.</li> <li>❖ Will be able analyse and interpret the data.</li> <li>❖ Will be able to write research proposal.</li> </ul>		
CREDITS – 4	CORE	
MAX. MARKS : 100 25 + 75		
TOTAL NO. OF LECTURES – 60		
UNIT	TOPIC	No. OF LECTURES
I	<ul style="list-style-type: none"> <li>❖ Variables – Meaning, types of variables dependent and independent variables.</li> <li>❖ Sample and sampling technique <ul style="list-style-type: none"> <li>a) What is a sample</li> <li>b) Sampling methods</li> <li>c) Advantages &amp; limitations of sampling method.</li> </ul> </li> <li>❖ Probability and its concept, basic concept of probability ....</li> </ul>	7

II	<ul style="list-style-type: none"> <li>❖ Data collection tools and techniques –</li> <li>1. Observation</li> <li>2. Interview method</li> <li>3. Questionnaire method</li> <li>4. Social Metric Techniques</li> <li>5. Rating Scales</li> <li>6. Psychological test – their meaning, characteristics and types.</li> </ul>	20
III	<ul style="list-style-type: none"> <li>❖ Meaning and scope of statistics, role of statistics in research.</li> <li>❖ Descriptive statistics, classification tabulation, frequency, distribution, diagrammatic and graphic representation of data.</li> <li>❖ Measures of central tendency – mean, median mode</li> <li>❖ Basic concepts of t-test, chi square test, coefficient correlation and its use in research</li> </ul>	25
IV	<ul style="list-style-type: none"> <li>❖ Analysis and interpretation of Data</li> <li>❖ Report writing or how to write a research proposal.</li> </ul>	8

**SUGGESTED READINGS :**

1. Doodley D. (1995) : Strategies for Interpreting Qualitative Data; Sage publications California
2. Long J.S. (ED.)(1983) : Common Problems Proper Solutions : Avoiding Errors in Quantitative Research, Beverly Hills, Sage, Publications, California.
3. Strauss, A. and Corbin, J (1990) : Basis of Qualitative Research : Grounded theory Procedure and Techniques, Sage Publications, California
4. Educational Research Methods, Sareen & Sareen
5. Anusandhaan Vidhiyan, Srivastava, D.N.

**M.A. I SEMESTER -I HOME SCIENCE**  
**PAPER V (Core)**  
**Design Ideals for Sketching and Traditional Textiles**  
+  
**Extension Education**  
**(Practical)**

<b>Programme :M.A.</b>	<b>Year-I</b>	<b>Semester-I</b>
<b>Subject: Home Science</b>		
<b>Course Code: HS105</b>	<b>Course Title: Practical</b>	
<p>Course Outcomes:</p> <ul style="list-style-type: none"> <li>• Students will learn to apply design ideals to fashion sketching.</li> <li>• Students will be able to drape the desired idea of their design on to Croqui/fashion figure.</li> <li>• Students will learn the creative art of Embroidery.</li> <li>• Students will learn various Embroidery stitches used in traditional Embroideries.</li> <li>• Students will learn to apply Indian Traditional designs and motifs to contemporary design.</li> <li>• Student will have an experience of being an Extension Worker.</li> </ul>		
Credits : 4(3+1)	Core	
Max. Marks: 25+75	Min. Passing Marks:	
Total No. of Lab. Periods-60 (120 hours)		
Units	Topic	No. of Lab. Periods
I	<u>Design ideals for fashion Sketching</u> i. Basics of colour <ul style="list-style-type: none"> <li>• Hue</li> <li>• Colour wheel</li> <li>• Value Chart</li> <li>• Intensity Chart</li> </ul> ii. Grey scale	05
II	Application of Elements of Art in Fashion Designing i. Dressing up of Croquis in sketch file using <ul style="list-style-type: none"> <li>• Various lines</li> <li>• Various colour schemes</li> <li>• Various silhouettes</li> </ul> ii. Collecting samples of various fabric textures and preparing a “texture Sheet” iii. Collecting various trimmings for making “Trimming sheet”	15

III	<p>Application of Principles of Art in Fashion Designing</p> <p>i. Dressing up of Croquis in sketch file using</p> <ul style="list-style-type: none"> <li>• Proportion</li> <li>• Balance</li> <li>• Rhythm</li> <li>• Emphasis</li> <li>• Harmony</li> </ul>	05
IV	<p><u>Traditional Indian Embroideries and Textiles</u></p> <p>i. Make hand embroidered samples of each Traditional Indian embroidery</p> <p>ii. Collect samples of Traditional Indian Textiles</p> <p>iii. Make a file of Designs &amp; Samples of Traditional Textiles and Embroideries.</p>	20
V	<p><u>Extension Education</u></p> <p>i. Preparation of Teaching aid on any current social issue for spreading awareness in community</p> <p>ii. Visit to nearby slum area with an objective to study the problems faced by slum dwellers (using Survey method)</p> <p>iii. Preparation of report based on the survey conducted.</p>	15