

Programme Objectives:

1. To develop the capabilities and knowledge of students in the areas of Food science, Principles of Nutrition and Food Processing
 - Extension and communication
 - Food service management
 - Family economics and financial management
 - Family and community science
 - Textile design, fashion illustrations and clothing
 - Human Development
2. To develop relevant skills and make students efficient in academics, research, industry and community service in the field of Home Science
3. To foster competence and excellence in students by enhancing communication and leadership skills.

Programme Specific Outcome :

PSO1 Describe the role of Home Science education in the overall development and wellbeing of individuals and communities.

PSO2 Gain knowledge about the science and technologies that enhance the quality of life.

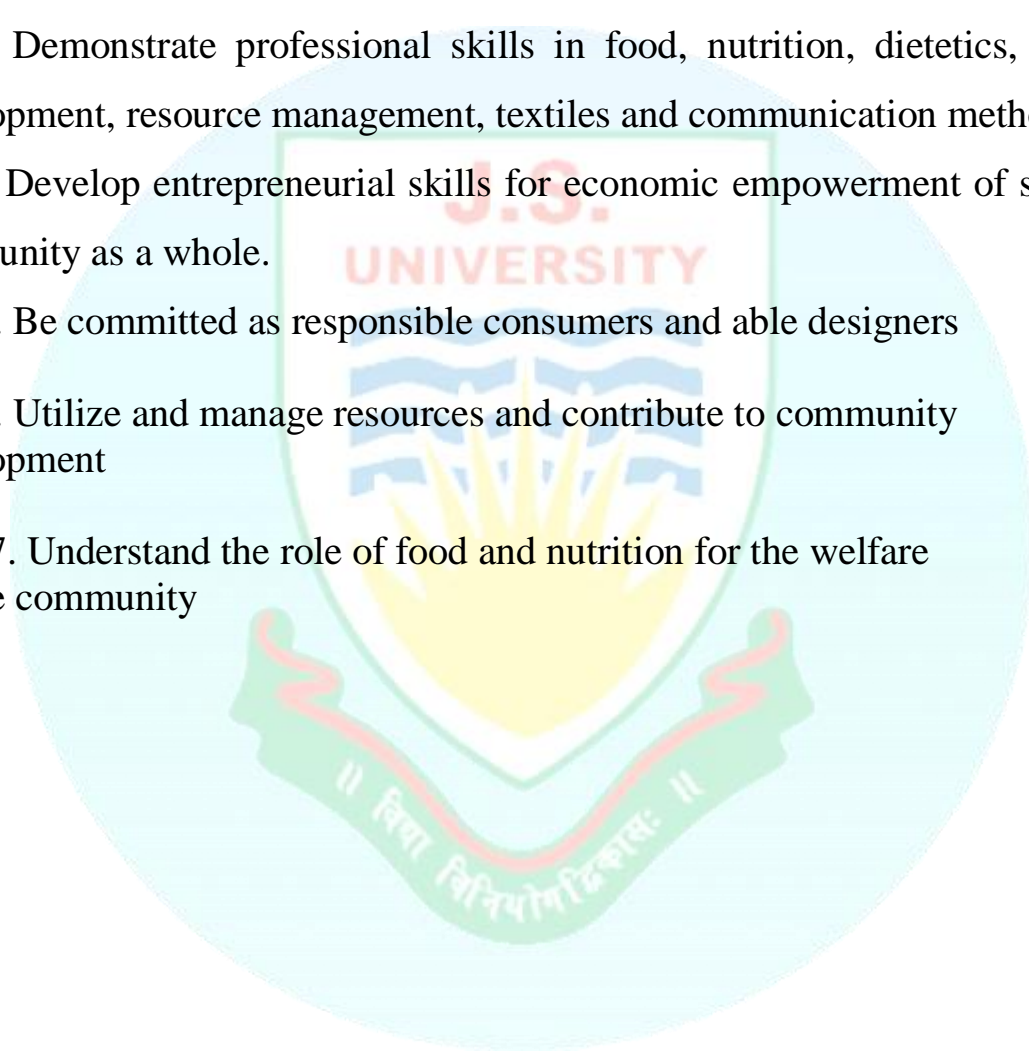
PSO3 Demonstrate professional skills in food, nutrition, dietetics, human development, resource management, textiles and communication methods.

PSO4 Develop entrepreneurial skills for economic empowerment of self and community as a whole.

PSO5. Be committed as responsible consumers and able designers

PSO6. Utilize and manage resources and contribute to community development

PSO7. Understand the role of food and nutrition for the welfare of the community



Programme Outcomes:

1. **Home Science and Society:** apply knowledge and competencies developed as graduates to impart knowledge, identify, analyze and address family and societal issues to improve quality of life of individual, family and societal issues to improve quality of life of individual, family and society as a whole, also covering marginalized and vulnerable groups of society.
2. **Learning and Conceptual Understanding:** have knowledge and holistic understanding of the core courses related to Home Science including Human Development, Foods and Nutrition, Clothing and Textiles, Home Management, Extension Education and Communication and basic courses associated with Social Sciences, Biological sciences, Physical sciences, Technology and Management.
3. **Leadership Skills:** Apply leadership skills, inspiring , taking responsibility, delegating tasks while working in a team, communicating with other teams, providing guidance to lesser skilled in various settings be it family, industry or institutions or carrying out research projects.
4. **Planning Skills:** apply skills in designing, implementing, monitoring and valuating programmes effectively for individuals, family, community and for vulnerable groups of society
5. **Practical Work-** provides opportunity to students to get acquainted with innovative research projects and develop skills to plan and undertake intervention projects.

COURSE STRUCTURE :

The Course Structure of the Master in Arts in Home Science Programme shall be as under :

Course	Outcomes
Extension Education and Community Development	<ul style="list-style-type: none">• Develop understanding of concept of human communication and its components.• Learn the concept of extension and its interrelationship with communication.• Understand the various tools and techniques in the process of communication.• Grasp understanding about various communication methods and media.• Develop skills in preparation, presentation and evaluation of select methods and
Resource Management & Housing	<ul style="list-style-type: none">• To understand the Fundamentals of resource management in a changing scenario.• To inculcate skills in identifying, creating, selecting and using available resources judiciously with emphasis on maximization and conservation.• To understand the scientific application of the process of management in the judicious use of resources.
Advance Textile & Clothing Construction	<ul style="list-style-type: none">• Describe fibre, yarn and techniques of fabric manufacture.• Identify the fibres, yarn and fabrics by different testing methods• Describe parts of a loom, textile manufacturing process and different weaves in fabric making.• Define dyeing, printing and become familiar with different finishes of textiles

J. S. UNIVERSTIY, SHIKOHABAD, FIROZABAD

Research Methodology	<ul style="list-style-type: none">• Know importance of research in communication and extension.• Understand the type, tools applicable to research problem .• Develop skill of preparing out line of research work.• Conduct pilot study for calculating validity, reliability and usability of tools• Prepare master tables for analysis
Principal of Pre-School Education & Monitoring of Child Growth & Health	<ul style="list-style-type: none">• Children's beliefs or perceptions about intelligence and ability affect their cognitive functioning and learning.• Children's cognitive development and learning are not limited by general stages of development.• Acquiring long-term knowledge and skill is largely dependent on practice.• Emotional well-being influences educational performance, learning, and development.• Formative and summative assessments are both important and useful but require different approaches and interpretations.
Institutional management	<ul style="list-style-type: none">• Recall the principles of management and apply it in day today life situation.• Develop scientific skills in the management of resources.• Recognise the significance of resource in enhancing the quality of life.• Become a responsible and ethical consumer.
Advanced dietetics	<ul style="list-style-type: none">• Plan, organize / supervise preparation & service of different kinds of therapeutic diets in hospital dietary service.• Develop skills for patient counseling.• Interact effectively with patient & their families.• Work as a diet counselor.• To provide service as a part of the medical team.

J. S. UNIVERSITY, SHIKOHABAD, FIROZABAD

	<ul style="list-style-type: none">• To give advice in the context of the patients sociocultural & economic milier.• Know the techniques of obtaining relevant information for patient through medical history assessment.• To educate patient and create awareness in community.
life span development	<ul style="list-style-type: none">• Develop a holistic understanding of mental, reproductive and social health.• Develop the awareness of major communicable and non-communicable diseases.• Develop an understanding about environment and environmental values.• Become sensitive to environmental issues and select suitable measures for conserving environmental resources.• Adopt strategies for sustainable living.• Describe the laws and movements towards environment protection of human• rights.

M.A. PREVIOUS (HOME SCIENCE)

Paper-Ist

Extension Education and Community Development

Unit I :

1. Meaning of Extension Education.
2. Origin an wider understanding of the meaning of Extension
3. Historical basis of Extension.
4. Basic Elements of extension education for improved family living.

Unit II :

1. Principal, scope philosophy and objective of Extension Education
2. Difference between extension education and formal Education.
3. India's need to Home Science Extension Education.
4. Qualities of an affective extension worker.

Unit III :

1. Extension services at national ,state, district and village level.
2. Difference between the extension services in India and countries of South East Asia.

Unit IV : Community Development-

1. Concept, Principles and Objectives of community development
2. Relationship between Community Development and Family Development.
3. National Programmes and their organization at different levels
4. Recent trends in development programmes.

Unit V : Programmes for women and Children

1. Women as target group, specific measures for women and children such as DWCRA, ICDS, IMY:
2. Shift from 'Welfare' approach to ' development' approach to 'empowerment' approach.

Unit VI :

1. GO`s and NGO`s
2. General Social Welfare Boards.
3. National Level Agencies like DRDA, CAPART
4. Local Level voluntary Agencies people organization at grass roots.

Practical Works :

- 1- Paper Presentation
- 2- Chart, Poster, Circular letter, Puppets(Any teaching aids related to the topics)
- 3- Survey

REFERENCES :

1. Dhama,O.P. and Bhatnagar-education and communication for dev. oxford and IBH publishing,1980.
2. Extension education -A.A.reddy
3. Extension education -B.D.Harpalani

M.A. PREVIOUS (HOME SCIENCE)

Paper-IInd

Resource Management & Housing

Objectives :

- To control some of the problem and objectives involved in accumulation control and used of saving.
- To become familiar with the techniques o financial management.

Unit I : Concept of Home Management

Meaning, Scope, Philosophy and Role of Home management in family living.

Unit II : Characteristics of resources and factors affecting their uses.

Unit III : Management applied to the use of specifics resources planning Controlling and evaluation.

Unit IV : Time Management-

1. Time Demands during In Different Stages Of The Life Cycle
2. Tools in time management

Unit V : Energy Management-

1. Energy Demands In Different Stages Of The Life Cycle .
2. Energy Costs Of Households Activities.
3. Fatigue.

Unit VI : Work simplification

1. Meaning ,Purpose of work simplification.
2. Techniques for recordings mundels and classes of change.

Unit VII : Money management-

1. Income and expenditure
2. Budgeting and saving
3. Budget steps in making a budgetUnit

Unit VIII :

1. Family housing needs protective economic and social.
2. Factors effecting selection and purches of site for house building legal, location, physical features soil condition, cost servies.
3. Arrangements of rooms and kitchen.

Unit IX : Selection of house site-types of soil, locality, orientation, public convenience ,

Unit X : Principles of planning a house -aspect, prospect, privacy, grouping roominess, flexibility, sanitation, circulation, furniture requirement and consideration.

Unit XI : Construction feature of a house - public, private and work area. Different types of building material.

Practical Works :

Seminar : Any related Topic

1. Visit of under construction building.
2. Any waist material articles.
3. House plans and models of different types of building.

REFERENCES:

1. Despandey R.S.-Morden ideal homes for india. United book corporation,1974.
2. Faulkner,Planning a house1979.
3. S.C. Rangwala- Town planning,charecter books stall anand 1974.
4. Bakshi,B.K.-Home managment
5. Harpalani B.D.-Home managment
6. Deacon E.Ruth -Family resource managment-Principle and application.

M.A. PREVIOUS (HOME SCIENCE)

Paper-IIIrd

Advance Textile & Clothing Construction

Objectives :

- To know the construction of different types of Garments & their bodice blocks
- To understand the different types of traditional textile.
- To understand the selection of clothing different age group.

Unit I :

1. Introduction to textiles.
2. Its importance in day to day life.
3. Its scope.
4. Classification of textile fibres.
5. General properties of textile fibres primary and secondary properties.

Unit II :

Yarn - Novelty yarn, textured yarn, Engineered yarn (all types of blends).

Unit III :

Weaves- Decorative weaves-dobby, jacquard, leno, double weave.

Unit IV :

Non woven fabrics- felting, lamination ,laces, nets, braids, tufting and flocking.

Unit V :

Fabric Finishes - Importance and classification of finishes, Methods and uses of finishes

Mechanical Finishes – tendering, calendaring, napping, singeing, sanforization.

Chemical Finishes- Mercerization, Bleaching

Additive finishes – Sizing

Special finishes – Waterproof and moth proof, acid and basic finishes.

Unit VI : Dyes

1. Meaning, Types of dyes -natural and synthetic.
2. Advanced techniques of dyeing-jet , vaccum, solving, dyes etc.

Unit VII : Fitting of different garments :

1. Principles common fitting problems for different figure types.
2. Pattern packing.

Unit VIII :

Detergents –Types & Composition.

Unit IX : Introduction of clothing-

1. Origion of clothing.
2. Importance of Clothing -Physiological, Social & Psychological.

Selection of clothes-

1. Selection of clothes for different age groups.
2. Selection of clothes for different occasion and season.
3. Selection and storage of clothes.

Unit X : Design and its application for clothing –

1. Element of design – color, line, form, texture.
2. Appropriate use of colour, line texture in relation to figure and complexion.

Unit XI : Fashion in dress:-

1. Meaning of Fashion, fad and style.
2. Sources of fashion
3. Factors favouring fashion

Practical Work :

1. Preparation of adult bodiece block, sleeve block, different sarees blouse and Nighty
2. Drafting of kurta and pyzami or salwar.
3. Drafting of peticot.
4. Embroidery article of traditional embroidery.
5. Identification of weaves.
6. Stain removal.
7. Printing - block, screen, and their article.
8. Tie and Dye and Batic

Reference Books :-

1. Marjorie L. Joseph - Textile Science
2. A.J.Hall - Standard hand book of textiles
3. Complet book of dress making -Mmcalls and M.corey.
4. Worthy M Gold - Simple Dress making.
5. Hill ,Bane A - Flat pattern design.
6. C.F. Moncrief - Manmade fiber
7. Hollen and shadler - fiber to fabrics

M.A. PREVIOUS (HOME SCIENCE)

Paper-IVth

Research Methodology

Objective :

- To understand the significance of research methodology in home science .
- To understand the type, tool and methods of research.
- To develop the ability to construct data gathering instruments of the research design.

Unit I : Research Its nature and Scope

1. Meaning of Research
2. Definition and nature of research.
3. Stapes in research.
4. Types of research
5. Importance and problems.

Unit II : Souces of Data collection

1. Primary Sources and Secondary Sources.
2. Classification seriation and tabulation of data.

Data collection Techniques –

Statistical Enquiry census, Observation, Questionnaire, Interview, schedule and Rating scale.

Unit III : Sampling-

1. Meaning , Objectives.
2. Advantages of Sampling.
3. Different types of Sampling.

Unit IV :

J. S. UNIVERSITY, SHIKOHABAD, FIROZABAD

Frequency distribution, Graphical representation of data and Histograms, Frequency polygon, Ogive, bar and Pie diagram. Graphical representation of data.

Unit V

1. Measure of central tendency (mean, mode and median)
2. Tests of significance: T- Test, Chi Square- Test & Z- Test
3. Dispersion (Quartile, Range, Deviation & standard deviation)

Practical - Seminar Any Topic related to theory.

Collection of review of literature. & Data Collection In the field of Home Science.

REFERENCES:

1. Bhandarkar, P.I. and Wilkinson T.S.-Methodology and techniques of social research, (Himalaya pub. house), Mumbai.
2. Bhatnagar G.I. -Research methods and measurements in behaviours and social science (Cole pub. Academy), New Delhi.
3. Helen M. Walker – Elementary Statistics Methods.
4. Shukla & Sahai – Principles of Statistics.

M.A. FINAL (HOME SCIENCE)

Paper-Vth

**Principal of Pre-School Education & Monitoring of
Child Growth & Health**

Unit – I

Importance and need of pre school education, Method of –

- a) Teaching and guiding the pre school child.
- b) Pre-School orientation of Pre-School education and significance.

Unit – II

Planning and organizing various activities of Pre-School.

- a) Science and nature study experiences.
- b) Music
- c) Art / Creative
- d) Dramatics Play
- e) Story Telling
- f) Play
- g) Types and objectives of programme currently offered Balwadi any Aganwadi, Nursery School Kinder Garden, Montessori
- h) Pre Group Importance, Functions in the life of children.

Unit – III

Parents involvement :

- a) Planning and organizing PTA
- b) Importance of parents participation.

Unit – IV

Parents Education :

- a) Meaning and scopes

- b) Methods and techniques of parents education.
- c) Parent education program's commonly used in school.

Unit – V

- a) Principal of growth and development.
- b) Pattern of normal growth in Indian Children milestones of Development.
- c) *Feeding habits, toilet training.*
- d) Indices of child health immunization schedule infant mortality and morbidity.
- e) Fundamental rights of children.

Practical Work

- (a) Visit to Nursery School.
- (b) Project work.

Reference :

- a) Jill and Kent P. Nursery school for all wards hock educational company.
- b) Read K.H. – the nursery school – A Human relationship laboratory oxford publishing company, 1967.
- c) Nakosteen M. – History and Philosophy of Education, Renold press company, 1965.
- d) Grewal J.S. Early Childhood education, net corporation Agra, 1984.
- e) Colvin and Ziffero- Pre School Educations prim get publishing Co. 1974.

M.A. FINAL (HOME SCIENCE)

Paper-VIth

INSTITUTIONAL MANAGEMENT

Objectives :

This course is designed :

- * To Enable to understand about catering Management for various organizations.
- * To plan & prepare meal for various occasions.
- * To develop ability for maintaining records and selection and purchasing of food items.

Unit – I

Development of food science institutional meal management :
some concept, definition

- a. Advantages of meal management.
- b. Aspect of meal management–nutritional
- c. Economical and Psychological.

Meal Planning- principal and method used planning menus for school lunch, College, hostels, hospital, cafeteria.

- (a) Advantages of meal management.

Unit – II

- a. Selection and buying of foods meat, fish, poultry, eggs, dairy products, cereals and breads, pulses and condiments, nuts and oilseeds.
- b. Handlings and storage of foods.
- c. Deterioration and spoilage of food stuffs.

Unit – III

- a) Meal Serving
- b) Serving meals for large groups : Table appointment, table setting, table decoration, forms of services.

Unit – IV

Organization and administration – Organization of Work, space and Work simplification, Personal management, Cost Control.

Unit – V

Physical facilities – planning of Institutional kitchen, equipments and furnishing of dinning rooms.

Unit – VI : Food processing preservation

- a) Deterioration and spoilage of food, processing of different food stuff, role of food preservation in home, importance of proper selection of food for preservation.
- b) Principals and methods of food preservation by canning drying freezing, fermentation, sugar concentrates, chemical additive pickling and curing and package in food preservation.
- c) Effect of food processing and preservation on nutritive value of food, Food enrichment and fortification.

Practical Work :

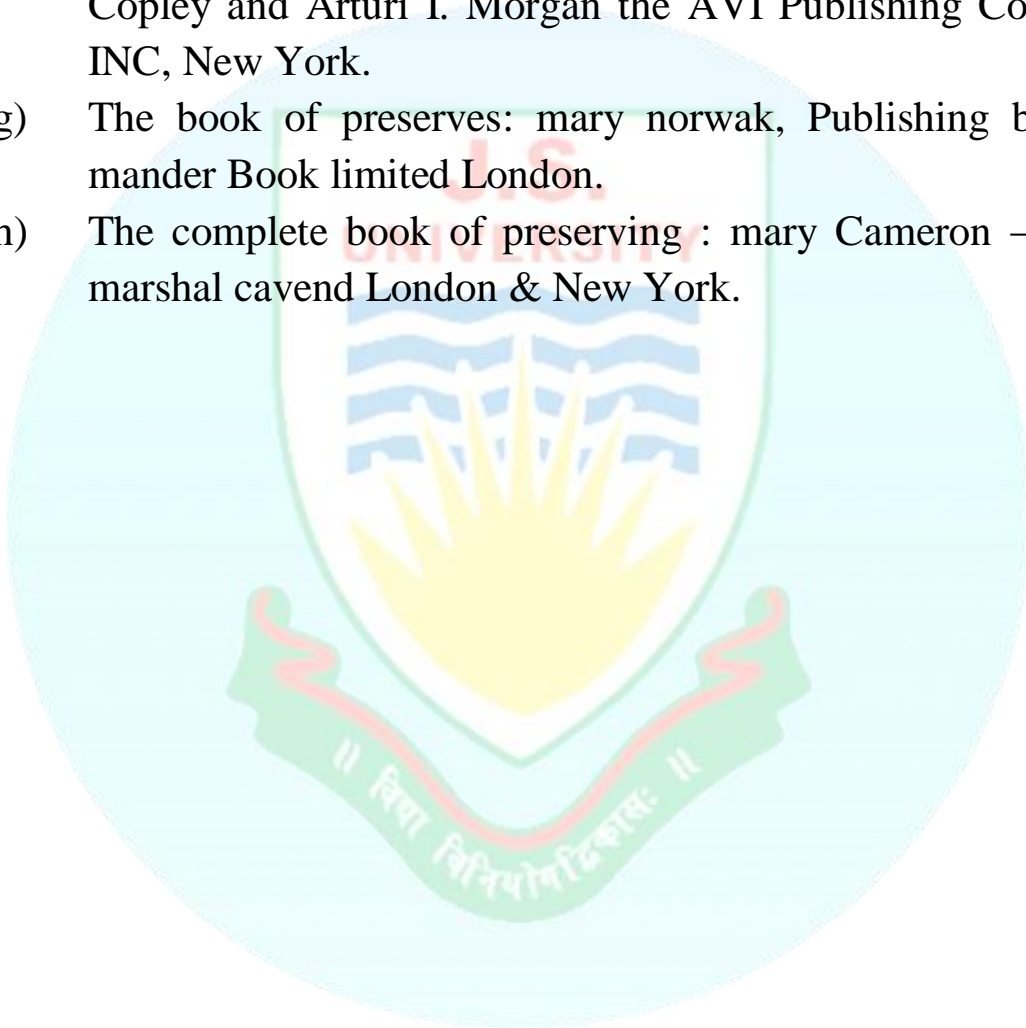
1. Seminar
2. Planning and preparation for school going children, hostel, hospitals, colleges.
3. Planning and preparations for different occasions (birthday party wedding, Diwali)
4. Preparation of Pickles, Sauces, Chutney Ketchups, Squash Sharbat, Jam, Kellies, Marmalades, Murabba etc.

Reference :

- a) West, bb wood, L. margen, uf and shurgent, G., S-Food service in strictuions, john willey and sons, 1977.
- b) Kotschwar, L. e and traver M. e-Food service planning, Layout and equipment, john willey sons, 1977.
- c) Kinder F-meal management, The Macmillan Company 1973.

J. S. UNIVERSTIY, SHIKOHABAD, FIROZABAD

- d) The technology of food preservation : normal W. Desosier and james N. Desrosier C.B.S. Publishing and Distributors, Delhi.
- e) Food Science : Normal N. Pooter the AVI Publishing company INC, New York.
- f) Food Dehydration : Wallance B. Van – Arsdel, Michael J Copley and Arturi I. Morgan the AVI Publishing Company INC, New York.
- g) The book of preserves: mary norwak, Publishing by sala mander Book limited London.
- h) The complete book of preserving : mary Cameron – smith marshal cavend London & New York.



M.A. FINAL (HOME SCIENCE)

Paper-VIIth

ADVANCED DIETETICS

Objectives :

- * To learn the principles of dietetics.
- * Menu planning for patients according to various diseases.
- * To acquire knowledge regarding diet modification for various diseases.

Unit – I

Importance of Therapeutic Nutrition and role of Dietitian in hospital and community. Modification of normal diets of therapeutic nutrition, methods of feeding patients, pre and post operation diets.

Unit – II

Therapeutic Adaptation of the Normal Diet. Different types of diets and the methods of feeding patients.

Unit – III

- a. Gastro–Intestinal tract : Peptic Ulcer, Dirrhea and Constipation
- b. Diet in liver disease – Hepatitis, Jaundice, Cirrhosis.
- c. Diet in Kidney disease – Acute & chronic Gall, Stone.
- d. Diet in Cardio–Vascular disease : hypertension and Atherosclerosis.

Unit – IV

Etiology, manifestations and dietary treatment of Diabeties mellitus, Diet during acute and chronic fever.

Unit – V

Nutrition is surgical condition. Pre and Post operative diets. Diet during protein calorie – Malnutrition, under weight, Overweight &

J. S. UNIVERSTIY, SHIKOHABAD, FIROZABAD

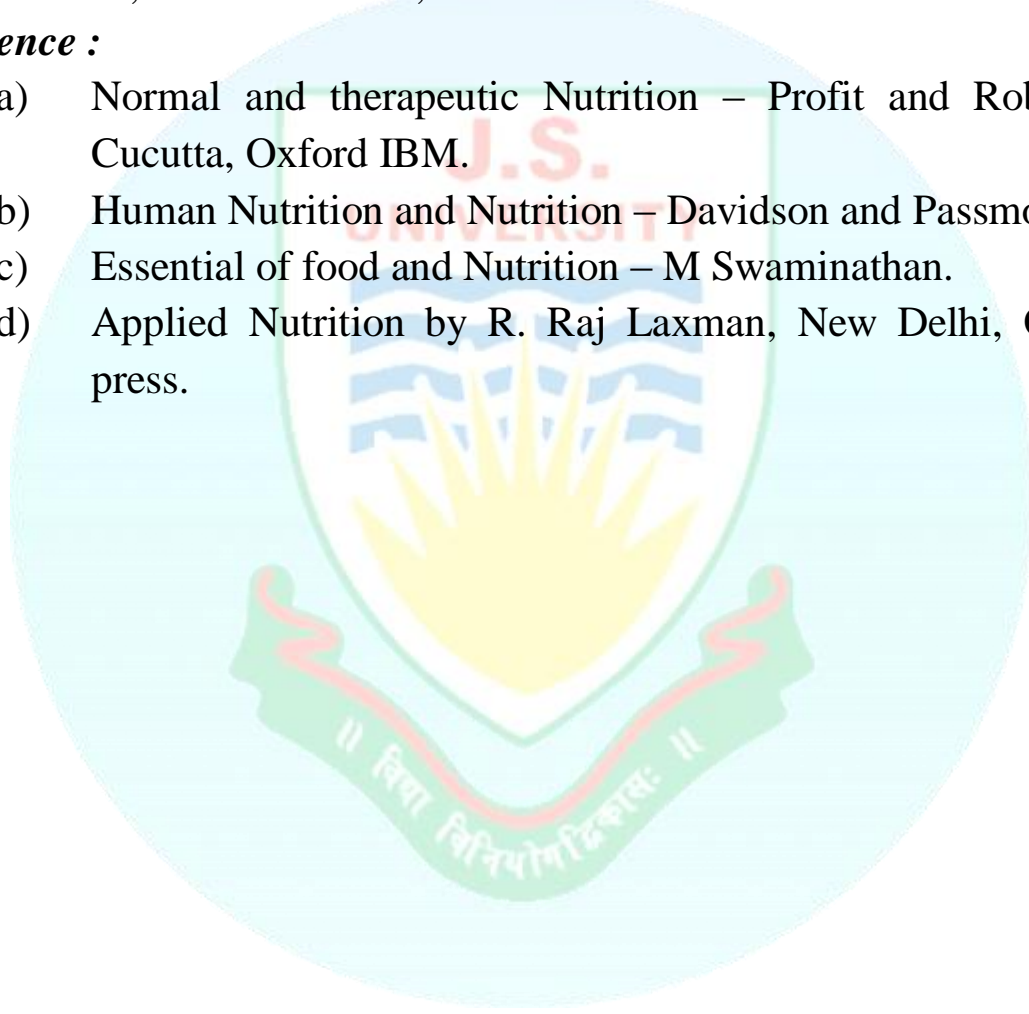
Obesity. Diet during vitamin deficiency disease – Vit. A, Vit. C
Mineral – Deficiency – Iodine, Iron, Calcium

Practicals Work

Planning, Preparation & Serving of diets for – Protein calorie malnutrition, underweight and obese, fevers, diarrhea and constipation, peptic ulcers, jaundice, Hepatitis, Nephritis (Acute & Chronic) Hypertension, Atherosclerosis, Diabetes Mellitus.

Reference :

- a) Normal and therapeutic Nutrition – Profit and Robinson, Cucutta, Oxford IBM.
- b) Human Nutrition and Nutrition – Davidson and Passmore
- c) Essential of food and Nutrition – M Swaminathan.
- d) Applied Nutrition by R. Raj Laxman, New Delhi, Oxford press.



M.A. FINAL (HOME SCIENCE)

Paper-VIIIth

LIFE SPAN DEVELOPMENT

Objectives :

- * To become acquainted with development stages for birth to old age.
- * To development awareness of important aspects of development during the whole life span.
- * To understand the issues faced and adjustments requied at each stage across the life span.

Unit – I

Introduction :

- * The life span development perspective and the need to study development through the life cycle.
- * Inter-relationship between the aspects of development.

Unit – II

Prenatal Period

- * Steps of prenatal development overview of birth process and complication.
- * Condition affecting prenatal development.
- * Hazards during prenatal development.

Unit – III

Infancy (0 – 2 Years):

- * Definition, Physical & growth and motor development in infancy.
- * Development tasks of infancy, milestones and highlights of development.
- * Factors influencing development.

Unit – IV

Early Childhood (2 to 6 Years)

- * Overview of early childhood years—highlights, development tasks, milestones.
- * Pre-School-Orientation to Pre-School education and significance.
- * Importants of play for all round development.

Unit – V

Middle Children (6 – 12 Years):

- * Definition.
- * Development tasks.
- * School significance and functions. Effects of success and failure.
- * Peer group – Importance, functions in the life of children.

Unit – VI

Adolescence (13 – 18 Years):

- * Definition, different views regards the period.
- * Physical development—Puberty, Growth spurt primary and secondary sex-characteristic early and later maturing adolescence.
- * Identify – Definition body image, positive and negative out comes (role confusion, ego-density)
- * Choosing a career-stage, factors affecting section.
- * Problems – Drug and alcohol abuse psychological breakdown (STD & AIDS, Pregnancy)

Unit – VII

Young Adulthood (19 – 40 Years):

- * Definition of an “Adult need to study”.
- * Development tasks of a young adult, significance of the period responsibilities and adjustment new family work place parenthood indigence financial matters.
- * Sex role issues and implications for young adults.

Middle Adulthood (41 – 60 Years):

- * Definition, Physical changes (senses, diseases)
- * Menopause, health issues.
- * Stresses in middle age, coping with stress at family, work place.
- * Occupation and job satisfaction.
- * Pre-retirement and leisure- Preparation for retirement.

Late Adulthood and Ageing

- * Definition, Physical changes (man ages, health's, problems and cognitive and memories changes)
- * Retirement – Effect of retirement on self family society financial problems.
- * Personality – characteristics of old age factors in ageing.
- * Social family factors attitudes towards the aged old age and friends ship.
- * Issues – Old age homes, loneliness, coping with loneliness, wing and joints family prolonged illness (plan visit to old age homes)

Practicals Work

Life Span Development – Assignment of the problems of the Adolescence.

Preparation of Teaching Aids.

Visit to old age home.

Reference :

- a) L.E. (1996) – Child development, New Delhi prentice Hall.
- b) N.G. (1.966) – Human Development, N.J. Prentice Hall.