

**M.J.P. Rohilkhand University, Bareilly**

**Syllabus M.A. Home Science**

**According to New Education Policy**

**M.A. I**

**Semester First**

Paper-VII<sup>th</sup>

<b>S.No.</b>	<b>NAME OF THE COURSE</b>	<b>MARKS (Int + Ext)</b>	<b>CREDIT</b>
1	DIETARY NUTRIENT'S IN FOOD	100 (25 + 75)	4
2	COMMUNICATION AND EXTENSION IN HOME SCIENCE	100 (25 + 75)	4
3	HOUSING AND INTERIOR DESIGN	100 (25 + 75)	4
4	PRACTICAL – HOUSING & INTERIOR DESIGN	100 (25 + 75)	4
5	PREPATION AND RECIPIES	100 (25 + 75)	4
	PROJECT – PROGRESSIVE	100 (25 + 75)	4

**M.A. I**

**Semester Second**

Paper-VIII<sup>th</sup>

<b>S.No.</b>	<b>NAME OF THE COURSE</b>	<b>MARKS (Int + Ext)</b>	<b>CREDIT</b>
1	MATERNAL AND CHILD NUTRITION	100 (25 + 75)	4
2	HUMEN DEVELOPMENT (APOLFSCENCET TO OLD AGE)	100 (25 + 75)	4
3	PAPENT EDUCATION AND COUNSELING	100 (25 + 75)	4
4	PRACTICAL – MATERNAL AND CHILD NUTRITION	100 (25 + 75)	4
5	PRACTICAL –IIInd DIET PLANING FOR DIFFERENT STAGE	100 (25 + 75)	4
	PROJECT – PROGRESSIVE	100 (25 + 75)	4

**M.A. II**

**Semester Third**

Paper-IX<sup>th</sup>

<b>S.No.</b>	<b>NAME OF THE COURSE</b>	<b>MARKS (Int + Ext)</b>	<b>CREDIT</b>
1	ADVANCE TEXTILE AND FASHION DESIGNING	100 (25 + 75)	4
2	RESEARCH METHODOLOGY AND STATISTICS	100 (25 + 75)	4
3	THEORIES OF HUMAN DEVELOPMENT	100 (25 + 75)	4
4	PRACTICAL – APPAREL DESIGN CONSTRUCTION	100 (25 + 75)	4
5	PRACTICAL – SURVEY OF WOMAN STATUS FOR INDIAN	100 (25 + 75)	4
	PROJECT – PROGRESSIVE	100 (25 + 75)	4

**M.A. II**

**Semester FOURTH**

Paper-X<sup>th</sup>

<b>S.No.</b>	<b>NAME OF THE COURSE</b>	<b>MARKS (Int + Ext)</b>	<b>CREDIT</b>
1	ELEMENTS OF SOCIOLOGY	100 (25 + 75)	4
2	HOUSING FINANCE AND CONSTRUCTION	100 (25 + 75)	4
3	HISTORY OF TRADITIONAL EMBROIDERY OF INDIA	100 (25 + 75)	4
4	PRACTICAL – HOUSE PLANNING	100 (25 + 75)	4
5	PRACTICAL – TRADITIONAL EMBROIDERY	100 (25 + 75)	4
	PROJECT	100 (25 + 75)	4

## M.A. I

### First Semester

Paper I<sup>st</sup> DIETERY NUTRIENT'S IN FOOD

DIETERY NUTRIENTS IN FOOD –

1. Their Functions, requirement and Sources.
2. Digestion, Absorption and Utilization of Nutrients
3. Energy requirement B.M.R.
4. Balanced diet and Diet planning for Adolescent  
Age – group – Infancy, Pre School, Puberty, old age.
5. Water – Its Function, Sources and Routes of Excretion

Books Recommended –

1. Advanced textbook of food & Nutrition Vol -11  
by M. Swaminathar
2. आहार एवं पोषण विज्ञान – डॉ० रीना खनूजा
3. आहार एवं पोषण – ऊषा अग्रवाल
4. आहार एवं पोषण विज्ञान – डॉ० वृंदा सिंह

**COMMUNICATON AND EXTENSION IN HOME SCIENCE**

1. Introduction to Education
  - Objective and Principles of Extension Education and qualities of Home Science Extension Worker
2. Extension Teaching Method's
  - Audio Aids
  - Visual Aids
  - Audio Visual Aids
3. Introduction to Communication and Communication Prosess –
  - Element of Communication
  - Principles of Communication
  - Problems of Communication

प्रसार शिक्षा by महेश भार्गव

Extension Education by O.P. Dhama

प्रसार शिक्षा by दुर्गा प्रसाद

Communication Media and Technology

1. Appropriate Media – Production, use of selected media in Home Science

## **Paper III<sup>rd</sup>**

### **Housing & Interior Design**

1. Color scheme in relation to bed room, drawing room, living and dinning room.
2. Different type of finishes used on wall and floors for houses of middle and high income group
3. Furniture layout for different room of house for middle and high income group family.
4. Housing financing Agency and processing & documentation of Housing loan.
5. Work simplification and fatigue.

#### **Books –**

1. भार्गव बेला –गृहप्रबन्ध, साधन व्यवस्था व आन्तरिक सज्जा–University Book House Jaipur
2. Bharti V.V. Family Resource Management- मंजु पाठनी–गृहप्रबन्ध–स्टार पब्लिकेशन आगरा

## **Practical-I**

### **Housing Planning & Teaching Aids**

1. Architectural Symbol & house plans for different Income group's
2. Showing Furniture arrangement in various room's
3. Drawing Color wheel value chart and color planning of different room's
4. Writing script for puppet play television talk, street play.

## **Practical-II**

### **DIET PLANING**

1. Diet for Pregnant Woman
2. Diet for Lactating Woman
3. Diet for Children Stages
4. Diet for Adolescents

**M.A. I**

**Second Semester**

**Paper Ist**

**MATERNAL AND CHILD NUTRITION**

1. Nutrition for prenatal period
2. Nutritional Regiment for lactating mother
3. Nutrition during Infancy
4. Nutrition during childhood
5. Nutrition during adalescenl

Books –

1. ऊषा मिश्रा – आहार एवं पोषण विज्ञान
2. वृन्दा सिंह – आहार एवं पोषण विज्ञान
3. Ghosh S – Feeding and care
4. Infant's and the young



## Paper II<sup>nd</sup>

### Human Development (Adolescent To old age)

1. Adolescence →
  - Definition, Meaning Characteristics and stages of Adolescence.
  - Puberty Stage
2. Early Adulthood →
  - Characteristics
  - Social Interest and activities
  - Developmental tasks
3. Middle Age →
  - Characteristics
  - Mid life transition
  - Adjustment to changed family pattern
  - Developmental task's
4. Old Age→
  - Psychological Changes
  - Changes in Intellectual function
  - Problems and needs
  - Developmental tasks

#### Book

प्रीति वर्मा	—	बाल विकास एवं बाल मनोविज्ञान
डॉ० वृन्दा सिंह	—	बाल विकास एवं बाल मनोविज्ञान
डॉ० ऊषा टण्डन	—	बाल विकास एवं बाल मनोविज्ञान
E.B. Hurlock	—	Child Development

**PARENTS EDUCATION AND COUNSELING**

1. Meaning of the parents education and counseling →
  - Need of Parent education and Counseling
  - Role of Parent in educating the child.
2. Methods and Approaches of parent education and counseling. .
  - Parent teacher contacts – Home visits, sending printed material and participation of parents in school
3. Content of parent education – Parental practices with reference to child rearing strategies.
4. Areas of Knowledge essential for parent education →
  - Importance of play for children.
  - Role of defense mechanism.
  - Importance of creative activities for children.
  - Population explosion and family size control.

Books →

Kulkarni – Parent Education

KAPPUSWAMI B. - Child Behavior and Development

## **Practical-I**

### **MATERNAL AND CHILD NUTRITION**

- Planning Preparing diet for Pregnancy
- Planning Preparing diet for Lactation
- Planning Preparing diet for Birth to one year
- Planning Preparing diet for 1 to 2 year
- Planning Preparing diet for 3 to 5 year

## **Practical-II**

### **DIET FOR DIFFERENT STAGE**

1. Diet for Pregnant Woman
2. Diet for Lactating Woman
3. Diet for Children Stages
4. Diet for Adolescents

## M.A. II

### Thired Semester

#### Paper IX

### ADVANCE TEXTILE AND FASHION DESIGN

1. Introduction and history to Textile and fashion designing
2. Fashion concept
  - Factors, determining fashion trends, psychology, Fashion cycle
  - Institutions and Career in fashion Technology.
3. Technique in pattern making. Flat Pattern, draping, drafting application, principle and limitations
4. Fitting →
  - Principle of fitting.
  - Common fitting problem, remedying fitting defects.

#### Books →

- |                       |   |                           |
|-----------------------|---|---------------------------|
| 1. Natalie Bray       | — | Dress Designing           |
| 2. डॉ० प्रमिला वर्मा  | — | वस्त्र विज्ञान एवं परिधान |
| 3. श्रीमती नीरजा यादव | — | वस्त्र विज्ञान एवं परिधान |

**Research Methodology and Statistics**

I (a) Definition concept and steps of research

(b) Need and Importance of Research in Home Science

II Research design and hypothesis →

- (a) Propose of Research design
- (b) Selection and limitation of Research Problem
- (c) Nature, type and function of hypothesis

II (a) Sampling and data Gathering Instruments – Definition and characteristics of sample, types of sampling probability and non probability sampling.

(b) Selection of tools for data collection – Questionnaire, Interview observation and schedule and group discussion

IV Analysis Interpretation of Analysis & Interpretation of data, Establishment of categories, Coding, Tabulation, Statistical analysis of data.

V (a) Format of the synopsis, (b) Format Project/Dissertation, (c) Format of Abstract, (d) Format of Research Paper

Books→

Kothar CR	–	Research Methodology
Sharma V M	–	शोध प्रविधि
SinghalBaijnath	–	शोध स्वरूप एवं मानक व्यवहारिक
Chandra Suresh	–	अनुसंधान स्वरूप एवं प्रविधियाँ

**Paper III<sup>rd</sup>**

**III<sup>rd</sup> Semester**

**Theories of Human Development**

- 1- Theoretical perspectives in behavior and development, Introduction, Role of Theory, Nature of behavior theory, Importance of Theories in understanding behavior.
- 2- Principals, basic concept, critique and Implication of theories psychoanalytic theories →
  - Erikson's psycho social theory
  - Psycho Sexual Theory
  - Psycho Social Theory
  - Behavioral Theory
  - Cognitive Theory

Books →

महेश भार्गव — बाल मनोविज्ञान

## **I- Practical**

### **Apparel Design and Construction**

1. Handling of Sewing machine
2. Sewing Techniques →  
Basic seams, seam finishes, fullness, gather's pleats, darts, cuffs, tucks, placket fastener's neck line, Collars types of sleeves
3. Drafting of Adult basic bodice block/adult sleeves block and stitching of plain designer blouse and ladies kurti.

## **II- Practical**

### **Survey of Women Status for Indian**

## M.A. II

### Fourth Semester

#### Paper Ist

#### Elements of Sociology

##### Unit - 1

1. Sociology Meaning and Definition, nature, scope, Branches, Contents and its relation to Home Science
2. Basic Concept-Society, Community Groups (Primary and Secondary).

##### Unit - 2

1. Varna, Caste-Origin, Characteristics & Changing Pattern
2. Class & Social Stratification
3. Folkways, Customs, Traditions, Mores, Association and Institution.

##### Unit - 3

1. Family –(i) Meaning, Definition, Function and type. Modern changes in family

##### Unit - 4

1. Urban & village life in India, Characteristics & Contrast
2. Social Change-Meaning & Definition, Factors influencing Social change
3. Social evils of Indian Society-Casteism & Dowry System & Child marriage.

#### Book-

- |  |   |                           |
|--|---|---------------------------|
| Sachdeva & Bhushan                       | - | Introduction to Sociology |
| प्रो० एम०एल० गुप्ता एवं डॉ० डी०डी० शर्मा | — | समाजशास्त्र               |



## **Paper II<sup>nd</sup>**

### **HOUSEING FINANCE AND CONSTRUCTION**

#### **Unit – I**

Housing – needs and Protective, Economic, affection and Social importance, Principles of House Planning, Norms and Standards of Building, House planning for Different income group.

#### **Unit – II**

Housing Finance and construction cost of House building factors affecting cost of a house Financing Agency Bank, L.I.C. and cooperative Housing Societies. Building Material used in construction and finishing.

#### **Unit – III**

Interior Design :- Meaning, need and importance element of Art, Principles of design, Color – dimensions of color, schemes, factors affecting use of color in interior designing.

#### **Unit – IV**

Furniture Furnishing – Wall finishes, window treatment, Floor Covering, Furniture – Meaing, Importance and Classification, selection of furniture and furniture arrangement.

Book

House Plans -1968 and 1970 - Dunning and Rocin U.S.A.

Home for middle classes - R.S. Desh Pandey, United Book Co. Poona

Practical Handbook on Building Construction - Er. M.K. Gupta

## **Paper III<sup>rd</sup>**

### **History of Traditional Embroidery of India**

1. History of Traditional Embroidery of India – Famous cities for embroidery.
2. Study of Above embroideries with emphasis to texture, design and color :-
  - (a) Helpful hints for embroidery – garment style suitability of design.
  - (b) Study of Basic stitches of embroidery Running stitch, stem stitch, chain stitch, fly stitch, Lazy-Daisy stitch, Back stitch french-knot stitch, sindhi mirror work. Button hole stitch
3. Traditional Embroidery of India :-
  - (a) Kasuti of Karnataka
  - (b) Phulkari of Punjab
  - (c) Sindhi Embroidery
  - (d) Chikankari of Uttar Pradesh
  - (e) Kashmiri – Kashida kari
  - (f) Kutch Kathiwar of Gujarat

## **I- Practical**

### **House Planning**

House Plan for -

- L.I.G. (Lower Income Group)
- M.I.G. (Middle Income Group)
- H.I.G. (Higher Income Group)

Kitchen Plan –

I - Shape

L - Shape

U - Shape

## **II- Practical**

Traditional Embroidery of India & Printing

- (a) Kasuti of Karnataka
- (b) Phulkari of Punjab
- (c) Sindhi Embroidery
- (d) Chikankari of Utter Pradesh
- (e) Kashmiri – Kashida kari
- (f) Kutch Kathiwar of Gujaral

**Prepare any one Article**

- (a) Table mates
- (b) Wall Hanging
- (c) Sari/Dupatta/Kurta
- (d) Sofa Back
- (e) Table Cover