

**SCHEME OF EXAMINATION AND  
COURSES OF STUDY**

**M.A. HomeScience  
Previous and Final Examination**

2022-2023



**MAHARAJA GANGA SINGH UNIVERSITY, BIKANER**

**EDITION : 2022-23**

## SCHEME OF EXAMINATION

1. The number of paper and the maximum marks for each paper practical shall be shown in the syllabus for the subject concerned. It will be necessary for a candidate to pass in the theory part as well as in the practical part (Whenever Prescribed) of a subject/Paper separately.
2. A candidate for a pass at each of the Previous and the Final Examination shall be required to obtain (i) atleast 36% marks in the aggregate of all the paper prescribed for the examination and (ii) atleast 36% marks in practical (s) whenever prescribed the examination, provided that if a candidate fails to atleast 25% marks in each individual paper work. Wherever prescribed, he shall be deemed to have failed at the examination not with standing his having obtained the minimum percentage of marks required in the aggregate for the examination. No division will be awarded at the Previous Examination, Division shall be awarded at the end of the Final Examination combined marks obtained at the Previous and the Final Examination taken together, as noted below:  
First Division                      60%    of the aggregate marks taken together  
Second Division                    48%    of the Previous and the final examination
3. If a candidate clears any paper (s) Practical(s)/Dissertation Prescribed at the Previous and or/final examination after a continuous period of three years, then for the purpose of working out his division the minimum pass marks only viz 25% (36% in the case of practical) shall be taken into account in respect of such paper(s) Practical(s) Dissertation are cleared after the expert of the aforesaid period of three year, provided that in case where a candidate require more than 25% marks in order to reach the minimum aggregate as many marks out of those actually secured by him will be taken into account as would enable him to make the deficiency in the requisite minimum aggregate.
4. The case study report/survey report/field work shall be hand written and shall not be of more than 100 pages and is to be submitted in triplicate so as to reach the office of the registrar at least 3 weeks before the commencement of the theory examination. Only such candidate who shall be permitted to offer case study/survey report/field work (if provided in the scheme of examination) in lieu of a paper as those who have secured at least 55% marks in the aggregate, irrespective of the number of paper in which a candidate actually appeared at the examination.

N.B. (i) Non-collegiate candidate shall not be eligible for MA Home Science.

## SYLLABUS

### M.A. PREVIOUS Syllabus 2021-22

#### M.A. PREVIOUS HOME SCIENCE 2021-22

Paper No.	Nomenclature of Paper	Theory	Practical
Paper 1	Research Methodology	75	-
Paper 2	Human and Community Nutrition	75	50
Paper 3	Human Development	75	
Paper 4	Resource Management and Consumer Economics	75	50
	Total	300	100
	Grand Total (400+100)	400	

#### M. A. FINAL HOME SCIENCE 2021-22

Paper No.	Nomenclature of Paper	Theory	Practical
Paper 5	Institution Management	50	50
Paper 6	Family Relations and Family Welfare	50	50
Paper 7	Textile and Clothing	50	50
Paper 8	Extension Techniques and Programmes	50	50
Paper 9	Specialization Paper/ Case study (Any One)	100	

	Grand Total	500	
<b>SPECIALIZATION PAPERS CASE STUDY (Any One)</b>			
Paper No.	<b>Nomenclature of Paper</b>	Theory	Practical
Paper 9A	Advance Nutrition and Dietetics	50	50
Paper 9B	Early Childhood Care and Education	50	50
Paper 9C	Case Study	100	-

**PAPER 1  
RESEARCH METHODOLOGY**

Duration of Examination : 3 hrs.

Max. Marks : 75

**Note:-**

The question paper shall contain three sections. **Section A** contains 10 questions two from each unit of 2 marks each. The candidate is required to answer all the questions. The answers should not exceed 50 words. **Section B** shall contain 5 questions one from each unit with internal choice. Each question shall be of 5 marks. The answers should not exceed 200 words. The candidate is required to answer all the questions. **Section C** shall contain 5 questions of 10 marks each, one from each unit. The candidate is required to answer 3 questions. The answer shall not exceed 500 words.

**Unit I**

1. Research Methodology: An introduction.
  - i. Meaning, objectives, motivation, types and significance of research.
  - ii. Research method versus methodology.
  - iii. Criteria of a good research.
  - iv. Hypothesis: Meaning, definition, types and characteristics.

**Unit II**

2. Research Process
  - i. Research problem: Definition, selection and limitations of the research problem.
  - ii. Variables: Meaning and types.
  - iii. Sampling: Census and sample survey; Types of sampling; Criteria of selecting a sample; Characteristics of a good sample.

**Unit III**

3. Research design and Data collection
  - i. Meaning, need and types of research design.
  - ii. Types of data: Primary and Secondary data.
  - iii. Methods of data collection: Interview, Observation, Questionnaire and Case study.

**Unit IV**

4. Meaning and scope of statistics in research.
5. Introduction to statistical averages: Mean, Mode and Median.
6. Analysis of data: editing, coding, classification and tabulation.
7. Diagrammatic and graphical representation of data.

**Unit V**

8. Interpretation of data: meaning, techniques and precautions.
9. Report/ Dissertation writing: significance, layout and steps, types and precautions.
10. Preparation of an abstract.

**REFERENCES**

1. Good C.V. and Carter, D.E., Methods of Research, Educational, Psychological, Sociological Applications, Century Crafts, New York, 1954.
2. Best, J.W. Research in Education, Prentice. Hall, New Delhi, 1983.
3. Kerlinger Foundations of Behavioral research New York, Holt, Rinehart and Winson Inc., 1966.
4. Doby, J.T. An Introduction to Social Research , Appleton Century Crafts, 1967.
5. Philips, B.S. Social Research Strategy and tactics, MacMillan , 1977.

6. Young ,P.V. and Schmid, C.F. Scientific Social Survey and Research, Prentice Hall, New Delhi, 1968.
7. Devdas, R.P. and Kulandaivel, K. Hand book & Research Methodology, Sri Ramakrisna Mission Vidhyalaya, 1971.
8. Shakla, M.C. and Gulshan, S.S. Statistics, Theory and Practice, Sultanchand Co., New Delhi, 1970.
9. Gupta , S. P. Statistical Methods , Sultan Chand & Co., New Delhi, 1970.
10. Bhandarkar, P.L. and Willkinson, T.S. Methodology and Techniques of Social Research, Himalaya Pub. House, Mumbai, 2000.
11. Bhatnagar, G.L. Research methods and measurement in behavioural and social science, Agri. Cole Publishing Academy, New Delhi, 1990.
12. Mukherjee, R. The quality of Life: valuation in social research, Sage Pub., New Delhi, 1989.

## **PAPER 2**

### **HUMAN AND COMMUNITY NUTRITION**

Duration of Examination : 3 hrs.

Max. Marks : 75

**Note:-**

The question paper shall contain three sections. **Section A** contains 10 questions two from each unit of 2 marks each. The candidate is required to answer all the questions. The answers should not exceed 50 words. **Section B** shall contain 5 questions one from each unit with internal choice. Each question shall be of 5 marks. The answers should not exceed 200 words. The candidate is required to answer all the questions. **Section C** shall contain 5 questions of 10 marks each, one from each unit. The candidate is required to answer 3 questions. The answer shall not exceed 500 words.

#### **Unit I**

1. Meaning, definition and importance of nutrition.
2. Functions, requirements, sources and effects of deficiency and excess of protein, carbohydrate, lipids, vitamins and minerals.

#### **Unit II**

3. Water and water balance.
4. Energy – unit, factors affecting energy requirement: BMR and affecting factors, SDA, Physical exercise. Measurement of energy.
5. Methods to assess minimum nutritional requirements and RDA of various age groups.

#### **Unit III**

6. Food spoilage. Quality assurance and food safety assurance.
7. Special and Novel foods, Phytochemicals, Nutraceuticals.
8. Food preservation – importance and methods.
9. Food adulteration, Food laws and standards.

#### **Unit IV**

10. Community health and community nutrition, vital statistics.
11. Food availability: factors affecting food availability and its consumption; Food distribution system.
12. Assessment of nutritional status: Direct and Indirect methods.

#### **Unit V**

13. Nutritional problems prevalent in India: PEM, Anaemia, Iodine deficiency, Fluorosis.
14. National and International organisations related to nutrition.
15. Nutrition education for the community. Planning, controlling and evaluation of nutrition education programme.

### **PRACTICAL**

1. Planning and preparation of nutrient rich dishes.
2. Preparation of preserved items.
3. Napkin folding and table setting.
4. Study of common adulterants.

5. Labelling and pricing of food items.
6. Identification of nutritional problems prevalent in community using method of nutritional assessment.
7. Preparation of teaching aid.

#### **DISTRIBUTION OF MARKS**

Max Marks:50

Time: 3 hours

Sessional and File : 10  
 Planning of 2 Dishes : 05  
 Preparation of 2 Dishes: 10+10  
 Display (Menu Card,  
 Napkin fold,  
 Table Setting) : 10  
 Viva : 05

#### **REFERENCES**

1. Raheena Begum Textbook of Food, Nutrition and Dietetics, Sterling Pub., New Delhi, 1989.
2. Swaminathan, M. Essentials of Foods and Nutrition Vol. I and II, Ganesh and Co., 1985.
3. Prevention of Food Adulteration Act, 1994, Govt. of India.
4. Gopalan, C. Recent trends in Nutrition, Oxford Univ. Press, 1993.
5. Jelliffe, D.B. Assessment of nutritional status of the community, WHO, 1996.
6. Gopalan, C. Nutrition of health care, Nutrition Foundation Of India, Special Pub. Series.
7. Many, N.S. and Sadaksharaswamy, M. Food Facts and Principles, New Age International Pvt. Ltd., New Delhi, 1987.
8. Channey, M.S. and Ross, M.L. Nutrition, Houghton Millian Co., New York, 1979.
9. Gopaldas, T. and Seshadri, S. Nutrition Monitoring and Assessment, Oxford Univ. Press, New Delhi, 1987.
10. Frazier, W.C. and Westetoff, D.C. Food microbiology, Tata McGraw Hill Pub. Co. Ltd., Bombay, 1971.
11. Giridharilal, Siddappa, G.S. and Tondon, G.L. Preservation of fruits and vegetables, ICAR, New Delhi.
12. Kalia, M. and Sood, S. Food preservation and processing, Kalyani Pub., Ludhiana, 1996.
13. Pike, M. Food science and Technology.
14. Journal of Food Science and Technology.

**PAPER 3**  
**HUMAN DEVELOPMENT**

Duration of Examination : 3 hrs.

Max. Marks : 75

**Note:-**

The question paper shall contain three sections. **Section A** contains 10 questions two from each unit of 2 marks each. The candidate is required to answer all the questions. The answers should not exceed 50 words. **Section B** shall contain 5 questions one from each unit with internal choice. Each question shall be of 5 marks. The answers should not exceed 200 words. The candidate is required to answer all the questions. **Section C** shall contain 5 questions of 10 marks each, one from each unit. The candidate is required to answer 3 questions. The answer shall not exceed 500 words.

**Unit I**

1. Introduction to Human Development. Principles of Human Development.
2. Heredity and environment: relative importance.
3. Developmental tasks of different stage.
4. Learning: meaning, techniques and factors affecting learning.
5. Motivation: types of motives, motivation cycle.
6. Methods of studying children: Projective and Psychology test (in detail).

**Unit II**

7. Theories of human development and behaviour:
  - (i) Personality Theory (Psychoanalytical theory).
  - (ii) Cognitive Theory (Jean Piaget).
  - (iii) Psycho-social Theory (Erikson).

**Unit III**

8. Developments from conception to childhood
  - (i) Physical and motor development.
  - (ii) Cognitive and language development.
  - (iii) Social-emotional development.
  - (iv) Play and creativity.

**Unit IV**

9. Adolescence:
  - (i) Adolescence: changes, interests, problems and adjustments.
  - (ii) Personality development: significance, biological and socio-cultural factors affecting personality.
  - (iii) Juvenile delinquency (elementary concept).

**Unit V**

10. Adulthood: significance of the period, responsibilities and adjustments, parenthood, occupation and job satisfaction, preparation for retirement.
11. Ageing: changes, problems and adjustments; Government schemes and services for the aged.

**REFERENCES**

1. Rice, E.P. Human Development : A life span approach, New Jersey : Prentice Hall,1992.
2. Schiamberg, L.B. and Smith, K.U. Human Development, New York: Macmillan,1982.
3. Santrock, J.W. The Life Span, New York Wadsworth Publishing, 1996.
4. Lefrancois, G.R. Child Development, London Allyn and Bacon, 1996.
5. Deats, S.M. and Lenker, L.T. (Eds) Aging and Identity, London, Praeger, 1999.
6. Berk, L.E. Child Development, London Allyn and Bacon, 1995.
7. Balk, D.E. Adolescent Development, New York Brooks /Cole, 1995.
8. Erikson, E.H. Identity Youth and Crisis, London, Faber and Faber, 1968.
9. Kroger, J. Identity in Adolescence London : Routledge, 1996.
10. Kakar, S. Identity of the Adulthood, Delhi, Oxford University Press, 1992.
11. Sharma, N.L. Identity of the Adolescent girl, New Delhi, Discovery Pub. House, 1996.

12. Saraswati, T.S. and Ditta R. Invisible Boundaries, Grooming for Adult Roles, New Delhi, Northern Book Center, 1988.
13. Sharma, N. understanding adolescence New Delhi National Book Trust, 1999.
14. Choudhury Paul, D. Youth: Participation and Development, Atma ram and Sons, New Delhi, 1988.

#### 15. PAPER 4

#### RESOURCE MANAGEMENT AND CONSUMER ECONOMICS

Duration of Examination : 3 hrs.

Max. Marks : 75

**Note:-**

The question paper shall contain three sections. **Section A** contains 10 questions two from each unit of 2 marks each. The candidate is required to answer all the questions. The answers should not exceed 50 words. **Section B** shall contain 5 questions one from each unit with internal choice. Each question shall be of 5 marks. The answers should not exceed 200 words. The candidate is required to answer all the questions. **Section C** shall contain 5 questions of 10 marks each, one from each unit. The candidate is required to answer 3 questions. The answer shall not exceed 500 words.

#### Unit I

1. Management: meaning, concept, principles, functions and objectives.
2. Process of management: planning, organising, delegating, directing, co-ordinating, supervision and evaluation.
3. Decision making: types, importance and factors affecting decision making.
4. Emerging school of management thought.

#### Unit II

5. Motivating factors: values, goals, standards, needs and wants.
6. Management of family resources: Time, Money.
  - (i) Money as human resource: income, expenditure, budgeting, saving, investment and taxation.
  - (ii) Time as human resource: nature, time demands, tools in time management, process of managing time.

#### Unit III

7. Ergonomics: Definition, importance and scope.
8. Energy as human resource: nature, energy demands, fatigue.
9. Work simplification: work studying techniques, work-worker-work environment relationship.
10. Work environment specifications in reference to work centres i.e. cooking, preparation, washing and study centres.

#### Unit IV

11. Consumer: meaning, characteristics and classification, factors influencing consumer's demand.
12. Consumer's standard of living: factors influencing standard.
13. Market: meaning, function and types.

#### Unit V

14. Consumer education, meaning, scope.
15. Factors influencing consumer's choice: custom fashion advertisement and variety of goods.
16. Problems of consumer buymanship and consumer protection.
17. Standardization and grading.

#### PRACTICAL

1. Time schedule and time management chart of a family.
2. Budget preparation (Different income groups)
3. Household Information about saving and investment means.

4. Determining the relationship of anthropometric dimension of workers with space requirement of selected activities.
5. Determining minimum space required for selected activities: relating to kitchen, rest, recreation, washing etc.
6. Measuring physical fatigue arising from performing house-hold activities.
7. A survey of channel of distribution of goods available through retail marketing, general stores, wholesale marketing.
8. Study of labelling, packaging, guarantee branding and its impact on consumer attitude.
9. Comparative analysis of different types of advertisements.
10. Consumer problems in present scenario.

### **DISTRIBUTION OF MARKS**

Max Marks:50

Time: 3 hours

Sessional and File : 10

Preparation of household budget

(Different income group) : 10

Resource file / Teaching Aid (Theme based) : 10

Preparation of Advertisement : 10

Viva : 10

### **REFERENCES**

1. Kapur, S.K. Professional Mangement S.K. Publishers, New Delhi, 1996.
2. Dwivedi, R.S. Dynamics of Human Behaviour of work oxford and IBH, New Delhi,1981.
3. Saiuadain, M.S. Human Resources management, Tata Mc-Graw Hill, New Delhi, 1988.
4. Dayal, R. Dynamics of Human Resources Development, Mittal Publications, New Delhi, 1996.
5. Rao, N.P. Human Resources Development in Management and Administration, B.K. Publishers, Delhi, 1986.
6. Karnik, V.G. Personal Management, Jain, Bombay, 1984.
7. Decon, R.E. and Fire Baugh, F.M. Home-management concept and context, Noughtion, Miffen Boston, 1975.
8. Decon, R.E. and Fire Baugh, F.M. Resource Management Principles and Application, Allyn and Bacon, Boston, 1981.
9. Gross, I. and Crandall, E. "Management for modern families".
10. Swanson – "Management system".
11. Aveny, H. Household physics, Mac Millan Co.
12. Bali, K.K. Household Equipments, Orient paper backs, New Delhi.
13. International Review of Ergonomics.
14. Sundaram, K.P.M. and Varsha M.G. Principles of economics, Agra, 1975.
15. Chanda, R. The emerging consumer, New Age International Pub. Limited and Wiley Eastern Limited, New Delhi, 1975.
16. Sethi, M. and Seethuram, P. Consumerism: A growing concept, Phoenix Pub., New Delhi, 1994.
17. Nag, P.K. Ergonomics and work design: Emerging issues in Organisational science, New Age International Ltd., New Delhi, 1996.
18. Akhauri, M.M.P. Entrepreneurship for women in India, NIESBUD, New Delhi, 1990.



# M.A. FINAL (2022-23)

## PAPER 5

### INSTITUTION MANAGEMENT

Duration of Examination : 3 hrs.

Max. Marks : 50

**Note:-**

The question paper shall contain three sections. **Section A** contains 10 questions two from each unit of 2 marks each. The candidate is required to answer all the questions. The answers should not exceed 50 words. **Section B** shall contain 5 questions, one from each unit with internal choice. Each question shall be of 3 marks. The candidate is required to answer all questions. The answers should not exceed 200 words. **Section C** shall contain 5 questions of 5 marks each, one from each unit. The candidate is required to answer 3 questions. The answer shall not exceed 500 words.

#### Unit I

1. Food service institutions: types-commercial, welfare, industrial, transport, others; scope.
2. Principles, functions, tools of management in food service institutions.

#### Unit II

3. Personnel management: selection and training, desirable qualities, personal appearance and grooming.
4. Equipments: Types, selection and care.
5. Financial management: terms used and budgeting.

#### Unit III

6. Food management:
  - (i) Food production: principles involved in quantity food production, standardization of recipes, use of left-over, quality control.
  - (ii) Menu planning: types and writing of menu.
  - (iii) Cost control: calculations and methods of controlling food cost.

#### Unit IV

7. Food service: styles of service.
8. Food service management in institutions like hostel hospital, cafeteria, canteen, industries, restaurant, outdoor catering.
9. Challenges and problems faced by institutions.

#### Unit V

10. Food and personal hygiene.
11. Preventive measures to control the common accidents.

#### PRACTICAL

1. Standardization of recipes.
2. Preparation of recipe book.
3. Market survey.
4. Quantity food production and cost calculation.
5. Preparation of various types of menu cards.
6. Menu planning for various types of food service institutions.
7. Table setting.
8. Maintenance of accounts and record keeping.
9. Visit to various food service institutions and observation of physical facilities, menu cards, serving style, table setting, number of personnel and their work schedule, hygiene and sanitary conditions, safety measures, etc. Report writing and presentation.
10. Planning and preparation for special occasions: birthdays, festivals, packed lunches, Traditional Thali of Different States.

## DISTRIBUTION OF MARKS

Max Marks:50

Time: 3 hours

Sessional and File	: 10
Menu Planning	: 05
Preparation of dishes (Traditional Thali /Packed Food/Stalls/Party/Festival)	: 20
Table setting	: 05
Cost calculation	: 05
Viva	: 05

### REFERENCES

1. Marzia, M. Cathy, M. and Brighton, R. Introduction to catering, Blackwell Scientific Pub. , London.
2. Sethi, M. and Malhan, S. Catering Management: An integrated approach, Willey Eastern Ltd., New Delhi, 1993.
3. Treat, N. and Richards, N. Quantity cooking, Little Brown and Co., Boston, 1996.
4. West, B.B. Wood, L. Herger, V.F. and Shugart, G.S. Food service in Institutions, John Wiley and Sons, New York, 1997.

### PAPER 6

#### FAMILY RELATIONS AND FAMILY WELFARE

Duration of Examination : 3 hrs.

Max. Marks : 50

#### Note:-

The question paper shall contain three sections. **Section A** contains 10 questions two from each unit of 2 marks each. The candidate is required to answer all the questions. The answers should not exceed 50 words. **Section B** shall contain 5 questions, one from each unit with internal choice. Each question shall be of 3 marks. The candidate is required to answer all questions. The answers should not exceed 200 words. **Section C** shall contain 5 questions of 5 marks each, one from each unit. The candidate is required to answer 3 questions. The answer shall not exceed 500 words.

#### Unit I

1. Marriage: Definition, meaning, types, functions, importance. Goals. Readiness for marriage: physiological, social, psychological, economic, etc. Adjustment, success and conflicts.
2. Alternatives to marriage: co-living, singlehood, child marriage, group marriage, open marriage, lesbianism, gay culture.
3. Registration of marriage, marriage counselling, laws pertaining to marriage and its adoption in different religious groups. Family courts.

#### Unit II

4. Family: Definition, meaning, types, functions, importance, impact of social changes.
5. Family life cycle. Role of family members.
6. Parent-child relationship, parental discipline techniques, other socializing agents.
7. Crisis in family life: breakup of the family, death of the partner, prolonged illness, single parenthood etc.

#### Unit III

8. Child at risk: child labour, street children, child abuse and their intervention program.
9. Exceptional children: Definition, classification and types. Identification and methods of training. Special schools available in India for exceptional children. Gifted children: identification and educational facilities.

#### Unit IV

10. Counselling: Definition, goals, scope and limits. Characteristics of an effective counsellor.

11. Process of counselling: problem exploration and classification; developing new perspective and setting goals; implementation; evaluation.
12. Counselling techniques.

#### Unit V

13. Rights and responsibilities of child, parents and society.
14. Family welfare: programmes at local, national and international level, their functions, objectives and beneficiaries.

#### PRACTICAL

1. Visit to a nursery school and its critical evaluation.
2. Plan activities and give various experiences like music, creative, science and literature for educating pre-school children and prepare teaching aids.
3. Identifying emotional and social problems among school going children and giving suggestions for parents to improve it. Prepare folder/ leaflet for parents.
4. Make resource file related to adolescent problems using newspapers, magazine and internet.
5. Preparation of resource file/ notice board display or role play on customs and practices in Indian marriage.
6. Interviewing families to understand changing functions of family. List out the crisis in a family passing through different stages of family life cycle.
7. Adopt an elderly person, identify their problems and give suggestions to overcome them.

#### DISTRIBUTION OF MARKS

Max Marks:50

Time: 3 hours

Sessional and File	: 10
Role play	: 10
Problems (any two)	: 10+10
Viva	: 10

#### REFERENCES

1. Govt. of India: Profile of the Child in India: Policies and programme, New Delhi: Ministry of Social Welfare, 1980.
2. Duvall, E. Family Development 3<sup>rd</sup>., New York, J.B. Lippincott, 1967.
3. Khasgiwali, A. Family Dynamics: Social work Perspective, Amol Pub., 1993.
4. Smart, M.S. and Smart, R. Families developing relationships, 2<sup>nd</sup> ed., New York, McMillan Pub. Co., 1980.
5. Williamson, R.C. Marriage and Family relations, New York, John Wiley and Sons inc., 1967.
6. Chaudhary, P.D. Child welfare and development, Atmaram and Sons, New Delhi, 1988.
7. Shanker, U. Problem Children, Atmaram and Sons Pub., New Delhi, 1978.
8. Cruickshank, W.H. and Jopohnson, G.U. Education of exceptional children, Prentice Hall International Inc., New Jersey, 1970.

#### PAPER - VII

#### TEXTILES & CLOTHING

Duration of Examination : 3 hrs.

Max. Marks : 50

#### **Note:-**

The question paper shall contain three sections. **Section A** contains 10 questions two from each unit of 2 marks each. The candidate is required to answer all the questions. The answers should not exceed 50 words. **Section B** shall contain 5 questions, one from each unit with internal choice. Each question shall be of 3 marks. The candidate is required to answer all questions. The answers should not exceed 200 words. **Section C** shall contain 5 questions of 5 marks each, one from each unit. The candidate is required to answer 3 questions. The answer shall not exceed 500 words.

#### Unit I

1. Textile fibers – Definition and classification general properties – cotton, silk, wool, rayon.
2. Yarn Classification.
3. Weaving process on hand loom and power loom.
4. Fabric finishes – Definition, objectives, classification.
  - (i) Basic – Bleaching, sizing, singeing, texturing, mercerising, calendaring.
  - (ii) Texturing – Embossing, schenerising, napping, flocking.
  - (iii) Functional – Antistatic, moth – mildew proofing, anti wrinkle, permanent press, soil and stain, fire proofing, water proofing etc.
5. Dyes – Classification, methods of dyeing, dyeing defects.
6. Printing styles – Direct, Discharge, Resist.

#### **Unit II**

7. Elements and principles of design – their application in textile designing and clothing designing.
8. Designs – Structural, decorative and functional.
9. Textile designing – Meaning, layout in design, pattern repeat, colour schemes and different types of motifs.
10. Principles, advantages and limitation of drafting, draping and commercial paper patterns.

#### **Unit III**

11. Clothing origin and importance.
12. Psychological and sociological aspects of clothing.
13. Fashion – Terminology, principles of fashion, fashion cycle, sources of fashion, factors affecting fashion.
14. Selection of clothing according to age, sex, fashion, cost, occupation, climate, occasion etc.
15. Selection and purchase of household linen, floor covering, draperies, curtain, upholstery.
16. Clothing budget.

#### **Unit IV**

17. Traditional Textiles – Kashmir Shawls, Brocade, Patola, Jamdari, Baluchar, Bandhani, Ikat, Pochampali, with reference to – History, fabric, threads, motifs, patterns.
18. Traditional Embroidery – Kashida, Phulkari, Chikankari, Sindhi, Kutch, Kasuti embroidery with reference to material, threads, colour combination, stitches, motifs.
19. Traditional Costumes - Rajasthan, Maharashtra, Assam, Nagaland, Kerala, Himachal, Goa, Punjab, Haryana, Tamilnadu state.

#### **Unit V**

20. Readymade garments – Meaning, advantage and limitations.
21. Consumer – Definition, consumer problem related to textiles, readymade garments.
22. Labelling – Definition, types and importance.
23. Quality control – Definition, importance in the field textile and readymade garments.
24. Women entrepreneurship development in textile – Definition, characteristics, scope.

### **M.A. (H.Sc.) FINAL YEAR**

#### **PAPER – VII (Practical)**

#### **TEXTILES & CLOTHING**

1. Introduction to different parts of sewing machine, its care and maintenance.
  - (i) Body measurement – Demonstration.
  - (ii) Darts, tucks, pleats and gathers.
  - (iii) Different types of sleeves, pockets, collar, plackets and necklines.
2. Drafting of child's basic bodies block and its adaption to various garments –
  - (i) Frocks – With different types of yokes, skirts.
  - (ii) Night Suit.
3. Drafting of ladies basic bodies block and its adaptations to various garments-
  - (i) Upper Garments –

- (a) Blouse
- (b) Kameez – Aline, short and full flared, kalidar.
- (c) Shirts – Formal & informal
- (ii) Lower Garments – Different types of Churidar Payjami, Salwar, Parallel, Palazzo, Harem, Petticoat and skirts.
- 4. Traditional embroideries (make any one article).
- 5. Tie & Dye or Batik (make any one article).
- 6. Using Block / Stencils / Spray printing methods (make any one article).

### **DISTRIBUTION OF MARKS**

Max Marks:50

Time: 3 hours

Sessional, File and household article	: 10
Drafting, Stitching and Finishing of garment	: 10+15+5
Designing in Embroidery/Printing (Cloth/paper)	: 10

### **REFERENCES**

1. Deulkar, D. Household textiles and laundry work, Atmaram and Sons, New Delhi, 1976.
2. Wingate, I.B. Textile fabrics and their selection, Englewood Cliffs (NJ), Prentice Hall Inc., 1976.
3. Doongaji, S. and Deshpande, R. Basic processes and clothing construction, Raaj Prakashan, New Delhi, 1986.
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**PAPER 8**  
**EXTENSION TECHNIQUES AND PROGRAMMES**

Duration of Examination : 3 hrs.

Max. Marks : 50

**Note:-**

The question paper shall contain three sections. **Section A** contains 10 questions two from each unit of 2 marks each. The candidate is required to answer all the questions. The answers should not exceed 50 words. **Section B** shall contain 5 questions, one from each unit with internal choice. Each question shall be of 3 marks. The candidate is required to answer all questions. The answers should not exceed 200 words. **Section C** shall contain 5 questions of 5 marks each, one from each unit. The candidate is required to answer 3 questions. The answer shall not exceed 500 words.

**Unit I**

Extension education process:

1. Extension Education- Meaning, principles, philosophy and objectives.
2. Learning and motivation- meaning and process.
3. Qualities of an extension worker.

**Unit II**

Communication:

4. Communication- meaning, concept, objectives and classification.
5. Various models of communication: Aristotle, Sharmmon Weaver, Leagan's, SMCRE, Prof. I.P. Tiwari.
6. key elements of communication.
7. Barriers in communication and ways to overcome them.

**Unit III**

Extension teaching methods and techniques:

8. Extension teaching methods- concept, importance, and classification limitations.
9. Audio-visual aids- definition, selection, use, advantages and limitations.
10. Production and use of selected media in Home Science- poster, chart, flash card, folder and bulletin board.

**Unit IV**

Programme planning:

11. Extension education programmes: meaning, principles, nature and importance.
12. Programme planning- meaning, process and steps: planning, implementation, monitoring, evaluation and follow-up.
13. Leadership: concept and importance.

**Unit V**

Entrepreneurship development:

14. Meaning, scope and importance of entrepreneurship in Home Science.
15. Project formulation- major steps involved in establishment of a small-scale unit.
16. Self Help Groups- definition, objectives and importance.

**PRACTICAL**

1. Survey of slum/ rural/ urban community and need assessment.
2. Develop an extension education program on the basis of need assessment.
3. Preparation and use of selected teaching aids in home science.
4. Writing script for one of the media referred in theory.
5. Review of different forms of advertisement.
6. Detailed study of the media for advertisement (content, techniques and appeal).
7. Preparing an advertisement: commercial program/ development program.

**DISTRIBUTION OF MARKS**

Max Marks:50

Time: 3 hours

Sessional and File : 10

Development of teaching aid : 15

Preparation of an advertisement : 15

Viva : 10

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## SPECIALIZATION PAPERS

### PAPER 9A

#### ADVANCE NUTRITION AND DIETETICS

Duration of Examination : 3 hrs.

Max. Marks : 50

#### Note:-

The question paper shall contain three sections. **Section A** contains 10 questions two from each unit of 2 marks each. The candidate is required to answer all the questions. The answers should not exceed 50 words. **Section B** shall contain 5 questions, one from each unit with internal choice. Each question shall be of 3 marks. The candidate is required to answer all questions. The answers should not exceed 200 words. **Section C** shall contain 5 questions of 5 marks each, one from each unit. The candidate is required to answer 3 questions. The answer shall not exceed 500 words.

#### Unit I

1. Meal planning: Definition, objectives, principles, importance and factors affecting.
2. Nutrition during adulthood, pregnancy, lactation, infancy, childhood, adolescence and old age.

#### Unit II

3. Therapeutic nutrition: Definition, objectives, principles.
4. Dietitian: Qualities and role. Team approach, inter-relationship with the patient and doctor.
5. Importance of nutrition education and diet counselling.
6. Adaptations of normal diet: regular, soft and liquid diet. Special feeding methods.

#### Unit III

7. Incidence, etiology, pathology, metabolic changes, diet management and counselling for the following disorders:
  - (i) Gastro-intestinal.
  - (ii) Febrile diseases.
  - (iii) Liver and gall bladder.

#### Unit IV

- (iii) Metabolic disorders: Diabetes, Gout.
- (iv) Cardio-vascular disorders.
- (v) Cancer.

#### Unit V

- (vi) Obesity.
- (vii) Under- weight.
- (viii) Diet in surgical conditions.

## PRACTICAL

1. Planning and preparation of diets with modification in:
  - (i) Constipation, diarrhoea, peptic ulcer

- (ii) Fever
  - (iii) Cardio-vascular disorders
  - (iv) Kidney diseases
  - (v) Obesity, under-weight
  - (vi) Liver diseases
  - (vii) Diabetes
  - (viii) Surgery
  - (ix) Cancer
2. Market survey of commercial nutritional supplements and nutritional support substrates.
  3. Preparation of diet counselling aids for common disorders.
  4. Fieldtrips and institutional visits in related areas.

### DISTRIBUTION OF MARKS

Max Marks:50	Time: 3 hours
Sessional and File	: 10
Planning of modified diet and preparation	: 05+15 = 20
Display and viva	: 05+05 = 10
Dissertation/ Project report	: 10

### REFERENCES

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12. Davidson, S. and Passmore Human Nutrition and Dietetics.

### PAPER 9B

#### EARLY CHILDHOOD CARE AND EDUCATION

Duration of Examination : 3 hrs.

Max. Marks : 50

#### **Note:-**

The question paper shall contain three sections. **Section A** contains 10 questions two from each unit of 2 marks each. The candidate is required to answer all the questions. The answers should not exceed 50 words. **Section B** shall contain 5 questions, one from each unit with internal choice. Each question shall be of 3 marks. The candidate is required to answer all questions. The answers should not exceed 200 words. **Section C** shall contain 5 questions of 5 marks each, one from each unit. The candidate is required to answer 3 questions. The answer shall not exceed 500 words.

#### Unit I

1. Early childhood care and education
  - a. Meaning, need and importance of ECCE.
  - b. Aims and objectives of ECCE.
  - c. Scope of ECCE.
  - d. Developmental tasks of early childhood stage.
2. Contribution of Indian and Western educators in early childhood education



- a. Maria Montessori, Froebel, Rousseau, Pestolozzi
- b. Mahatma Gandhi, Rabindrenath Tagore, Swami Vivekanand, Shri Arbindo

### **Unit II**

- 3. Curriculum models for early childhood education
  - a. Child development model
  - b. The verbal/ cognitive model
  - c. Sensory/ cognitive model
  - d. The verbal/ didactic model
- 4. Major types of early childhood education and its programmes
  - b. Day care
  - c. Balwadi and anganwadi
  - d. Montessori
  - e. Kindergarten
  - f. Nursery
  - g. Recent programmes in ECCE

### **Unit III**

- 5. Fostering creativity in children through different activities
  - a. Creative activities
  - b. Science activities
  - c. Literature activities
  - d. Music activities
  - e. Play and recreational activities
- 6. Programme planning: annual, monthly, weekly and daily planning.

### **Unit IV**

- 7. Organisation of early childhood care and education centres
  - a. Site, building, classroom, equipment of preschool, low cost equipments, games without equipments
  - b. Essentials of records and reports in preschool
  - c. Supervision and evaluation of ECCE centre
  - d. Role and qualities of ECCE personnel
  - e. Different ECE training programmes (elementary knowledge only)
  - f. Parental involvement and education

### **Unit V**

- 8. Programmes related to child health and nutrition
  - a. Child to child programmes
  - b. Nutrition programmes
- 9. Role of different organisations in ECCE like WHO, UNICEF, NIPCCD, ICDS, CAPE
- 10. Challenges and New trends in ECCE.

### **PRACTICAL**

- 1. Observation and recording of an ECE centre to observe physical setup and conduct of programs.
- 2. Program planning and execution: monthly plan, weekly plan and daily plan.
- 3. Preparation of resource files for various ECE activities.
- 4. Conducting activities for ECE centre.
- 5. To prepare various low cost teaching aids according to daily, weekly, monthly plans.
- 6. Fieldtrips and institutional visits in related areas.

### **DISTRIBUTION OF MARKS**

Max Marks:50	Time: 3 hours
Sessional and File	: 10
Preparation of two teaching aid conducting activity for ECCE	: 10+10+10 = (30)
Dissertation/ Project report	: 10

## REFERENCES

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