

**SHRI JAGDISHPRASAD JHABARMAL TIBREWALA  
UNIVERSITYCHUDELA JHUNJHUNU  
RAJASTHAN**



**INSTITUTE OF HOME SCIENCE  
TEACHING AND EXAMINATION SCHEME  
AND DETAILED SYLLABUS FOR**

**M. A. Home Science**

**ACADEMIC SESSION 2019 – 2021**

**Year: I**  
**Semester: I**

S. No.	Subject Code	Subject Name	Maximum & Minimum Marks		
			Internal / Min. Pass Marks	External / Min. Pass Marks	Total/Min. Pass Marks
<b>Theory</b>					
1	MHM101	Research Methodology	30/12	70/28	100/40
2	MHM 102	Human & Community Nutrition	30/12	70/28	100/40
3	MHM 103	Human Development	30/12	70/28	100/40
4	MHM 104	Resource Management & Consumer Economics	30/12	70/28	100/40
5	MHM105	Human & Community Nutrition <b>(Practical)</b>			<b>50/20</b>
6	MHM106	Resource Management & Consumer Economics <b>(Practical)</b>			<b>50/20</b>

**Year: I**

**Semester: II**

S. No.	Subject Code	Subject Name	Internal / Min. Pass Marks	External / Min. Pass Marks	Total/Min. Pass Marks
			<b>Theory</b>		
1	MHM 101	Research Methodology	30/12	70/28	100/40
2	MHM 102	Human & Community Nutrition	30/12	70/28	100/40
3	MHM 103	Human Development	30/12	70/28	100/40
4	MHM 104	Resource Management & Consumer Economics	30/12	70/28	100/40
5	MHM105	Human & Community Nutrition <b>(Practical)</b>			
6	MHM106	Resource Management & Consumer Economics <b>(Practical)</b>			<b>50/20</b>

S. No.	Subject Code	Subject Name	Maximum & Minimum Marks		
			Internal/Min. Pass Marks	External/Min. Pass Marks	Total/Min. Pass Marks
<b>Theory</b>					
1	MHM 201	Institution Management	30/12	70/28	100/40
2	MHM 202	Family relationship & Family Welfare	30/12	70/28	100/40
3	MHM 203	Textile and Clothing	30/12	70/28	100/40
4	MHM 204	Extension Techniques & Programmes	30/12	70/28	100/40
5	MHM 205	Textile and Clothing( <b>Practical</b> )			<b>00</b>
6	MHM 206	Extension Techniques & Programmes( <b>Practical</b> )			

S. No.	Subject Code	Subject Name	Maximum & Minimum Marks		
			Internal/Min. Pass Marks	External/Min. Pass Marks	Total/Min. Pass Marks
<b>Theory</b>					
1	MEN401	Institution Management	30/12	70/28	100/40
2	MEN402	Family relationship & Family Welfare	30/12	70/28	100/40
3	MEN403	Textile and Clothing	30/12	70/28	100/40
4	MEN404	Extension Techniques & Programmes	30/12	70/28	100/40
5	MEN405	Specialization Paper/Case Study(Any One)			100
	MEN405(A)	Advance Nutrition and Dietetics			<b>50</b>
	MEN405(B)	Early Childhood Care and Education			<b>50</b>

1. For Internal Assessment (IA) of the theory papers: Two Mid-Term Tests of 20 Marks and assignment of 10 Marks.
2. Institute can arrange a third Mid-Term Test as per the convenience of the students.
3. The question paper shall contain ten (10) questions of 10 marks each. Student shall attempt any seven (7) questions.
4. Passing Rules for M. A. (2 Yr. Course)

The result of a candidate will be worked out at the end of each Semester Examination.

For a Pass, candidate must obtain marks for each theory.

<b>(A)</b>	<b>Theory Paper</b>	<b>Passing%</b>	<b>(B)</b>	<b>Practical /</b>	<b>Passing%</b>
i	Internal Assessment	40 %	i	-----	40 %
ii	End Semester (M.A.)University Exam	40	ii	-----	40 %

# RESEARCH METHODOLOGY

Duration of Examination: 3 hrs. Max. Marks: 100

## 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 mark 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 problems.
  - 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.

# **HUMAN AND COMMUNITY NUTRITION**

## **Unit I**

1. Meaning, definition and importance of nutrition.
2. Functions, requirements, sources and effects of deficiency and excess of protein, carbohydrates, 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.

# **HUMAN DEVELOPMENT**

## **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.



# **RESOURCE MANAGEMENT AND CONSUMER ECONOMICS**

## **Unit I**

1. Management: meaning, concept. Principles, functions and objectives.
2. Process of management: planning, organizing, delegating, directing, co-coordinating, 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 centers i.e. cooking, preparation, washing and study centers.

## **Unit IV**

11. Consumer: meaning, characteristics and classification, factors influencing consumers
12. Consumer's standard of living: factors influencing standard and demands.
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.

## **References:**

1. Agarwal S (2009). Grah Prabandh Manual. Shivam, book house. Jaipur.
2. Birrel Verla Leone (1967). Colour and Design. A Basic Text (Vol. I & II). Digest submitted in requirement for the degree of education in Teacher college Columbia university
3. Bryan Lawson (1980). How Designer Think. Architectural press Ltd.
4. David H, Bangs Jr. The market planning guides. Gpugotera Publishing. 3<sup>rd</sup> Ed
5. Don Welers (1974). Who buys- A Study of the Consumer.
6. Donnelly JH, Gibson JL and Ivancevich JM (1995). Fundamental of Management. Chicago.
7. Fisher CD (1997). Human resource management chennai: All Indian publishers and distributors

### **HUMAN AND COMMUNITY NUTRITION (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. Labeling and pricing of food items.
6. Identification of nutritional problems prevalent in community using method of nutritional assessment.
7. Preparation of teaching aid.

### **RESOURCE MANAGEMENT AND CONSUMER ECONOMICS (PRACTICAL)**

1. Time schedule and time management chart of a family.
2. Budget preparation.
3. 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 labeling, packaging, guarantee branding and its impact on consumer attitude.
9. Comparative analysis of different types of advertisements.
10. Consumer problems in present scenario.

# **INSTITUTION MANAGEMENT**

## **Unit I**

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

## **Unit II**

3. Personnel management: selection and training, desirable qualities, personal appearance and grooming.

4. Equipment's: 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.

# **FAMILY RELATIONS AND FAMILY WELFARE**

## **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 counseling, 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 counseling: problem exploration and classification; developing new perspective and setting goals; implementation; evaluation.
12. Counseling 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.

## **TEXTILES & CLOTHING**

### **Unit I**

1. Textile fibers – Definition and classification.
2. Yarn Classification.
3. Weaving process on hand loom and power loom.
4. Fabric finishes – Definition, objectives, classification.
  - (i) Basic – Bleaching, stiffening, sizing, singeing, texturing, mercerising, calendaring.
  - (ii) Texturing – Embossing, moirering, schenerising, napping, flocking.
  - (iii) Functional – Antistatic, moth – mildew proofing, anti-wrinkle, permanent press, soil and stain resistant, fire proofing, water proofing etc.
5. Dyes – Classification, methods of dyeing, dyeing defects.
6. Printing – Classification, 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 and Carpets, 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. Organisations working for quality control in the field of textile and readymade garments.
24. Women entrepreneurship development in textile – Definition, characteristics, scope.
25. Challenges for women entrepreneurship in global market.

26. Khadi – Concept, history and current trend and future.

**(Practical)**

**TEXTILES & CLOTHING**

1. Introduction to different parts of sewing machine, its care and maintenance.

(i) Body measurement – Demonstration.

(ii) Dartstucks 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 flaredkalidar.

(c) Shirts – Formal & informal

(ii) Lower Garments – Different types of ChuridarPayjami, Salwar, Parallel, Plazo, 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: 20

Drafting, Stitching and Finishing of garment: 20

Desiging in Embroidery/Printing (Cloth/paper): 10

**PAPER 8**

**EXTENSION TECHNIQUES AND PROGRAMMES**

**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.

