

B.Sc. Home Science

Department of Home Science, Banaras Hindu University

DISTRIBUTION OF DIFFERENT COURSES AND CREDITS IN VARIOUS SEMESTERS

<i>Semester - I</i>		
Course Code	Title	Credits
HSB101	(A) Introduction to Foods (Credit - 2), and (B) Human Development (Credit - 2)	4
HSB102	Practicals based on course HSB101	2
Total		6
<i>Semester - II</i>		
HSB201	(A) Introduction to Clothing Textiles, (Credit - 2) and (B) Family Resource Management (Credit - 2)	4
HSB202	Practicals based on course HSB201	2
Total		6
<i>Semester - III</i>		
HSB301	(A) Home Science Extension Education, (Credit - 2) and (B) Human Nutrition (Credit - 2)	4
HSB302	Practicals based on course HSB301	2
Total		6
<i>Semester - IV</i>		
HSB401	(A) Interior Design, (Credit - 2) and (B) Clothing Construction (Credit - 2)	4
HSB402	Practicals based on course HSB401	2
Total		6
<i>Semester - V</i>		
HSB501	Home Science Extension Education and Rural Development	3
HSB502	Consumer Economics	3
HSB503	Fundamental of Human Development	3
HSB504	Diet Therapy I	3
HSB505	Fashion Designing	3
HSB506	Practicals based on course HSB501 & HSB502	3
HSB507	Practicals based on course HSB504	2
HSB508	Practicals based on course HSB505	2
Total		22

<i>Semester - VI</i>		
		3
HSB601	Advanced Home Science Extension and Communication	3
HSB602	Diet Therapy II	3
HSB603	Advanced Human Development	3
HSB604	Consumer and Business Legislation	4
HSB605	Statistics and Research Methods (Elective)	2
HSB606	<i>Practicals based on course HSB601</i>	2
HSB607	<i>Practicals based on course HSB602</i>	2
HSB608	<i>Practicals based on course HSB603</i>	2
	Total	22
	Grand Total	68

SEMESTER - I

Paper - I

HSBI01: INTRODUCTION TO FOODS AND HUMAN DEVELOPMENT (Credit 4)
(Credit 2)

Section A: INTRODUCTION TO FOODS

Foods History: Composition and function of food, classification, Food hygiene, cost availability; quality, and quantity of foods, food tables, food groups. Energy foods, body building foods, protective food. Cookery Kitchen; layout, arrangements, fuel, sanitation & cleanliness. Kitchen and dining equipments. Principles and objects of cooking. Methods of preparation prior to cooking. Comparative study of cooking. Comparative study of various methods of cooking. Effect of cooking on nutritive value, colour, appearance and palatability, serving of food.

Cereals & Cereal Products: Importance, composition and structure of cereal grains, Processing of cereals & storage; methods & their limitations, Germination. Enrichment and fortification of cereals. Pulses and legumes: Importance, composition, processing of pulses **Vegetables & Fruits:** Classification, composition, pigments, flavour compounds, selection, purchase, storage and Home Care. **Milk & Milk Products :** Composition, processing, uses in cookery, effect of heat, enzymes, acids and salts on milk & milk products, **Flesh Foods:** Egg; Structure, composition, quality of eggs, uses in cooking. Meat, Fish, Poultry; Classification, structure, composition, ripening, ageing, factors affecting tenderness of meat, buying and care in Home. Gelatin; composition, properties & uses. **Beverages;** Tea, coffee, chocolate & cocoa powder. Other Beverages; aerated beverages, juices. **Nuts & Oilseeds:** Composition, role in the diet. **Spices & Condiments;** Properties, uses & abuses in diet.

Food Safety and Standard Regulation: Adulteration, ISI, Agmark, FPO, MPO, PFA, HACCP, Additives, food laws.

Food Microbiology: Brief history of food microbiology and introduction to important micro-organisms in foods. **Food Spoilage;** Contamination and micro-organisms in the spoilage of different kinds of foods & their prevention, Cereal & cereal products, vegetable & fruits, fish and other sea foods, meat & meat products, egg & poultry, milk & milk products, canned foods. Public Health hazard due to contaminated foods; Food borne infections and intoxications; symptoms, mode and source of transmission and methods of prevention. Fundamentals of control of micro-organism in foods; extrinsic and intrinsic parameters affecting growth and survival of microbes, use of high & low temperature, dehydration, freezing, freeze drying, irradiation and preservatives in food preservation.

Section B: HUMAN DEVELOPMENT (Credit 2)

Concept of Human Development: Meaning and importance of Human Development, Principles of Development, meaning of terms "Growth" and "Development".

Stages of Human Development, Major characteristics of different stages of lifespan (Prenatal, Infancy, Baby hood, early middle and late childhood, puberty, early and late adolescence, young, middle and late adulthood and old age). Developmental task and milestones.

Physiology of Pregnancy & Postnatal care of Mother & Child: Reproductive System (Male and Female) conception, Stages of Prenatal Development; Genetic and Environmental factors, Birth process and complications, Maternal Health and Care during pregnancy Immunization schedule

Hazards during prenatal development. Immediate care of new born, Types of feeding Natural and Artificial Weaning, Infant and mother mortality and morbidity, Child rearing Practices.

Study of developmental patterns: Physical motor, social, emotional, cognitive and language development in different stages of lifespan (Prenatal, Infancy, Baby hood, early middle and late childhood, puberty, early and late adolescence, young, middle and late adulthood and old age)

Problems and adjustments during lifespan: Problems of infancy, preschool period, adolescence and old age Physical, psychological, behavioral, social and family adjustment during different stages of lifespan.

PRACTICAL
INTRODUCTION TO FOODS AND HUMAN DEVELOPMENT

(Credit 2)

HSB102:

Part A: Introduction to Food

Preparing different food items by using different cooking methods and calculation of nutrients based on food composition table.

Study of the effect of cooking on carbohydrates (dextrinization- suji halwa, caramalization-sugar), fats, protein(egg-coagulation, paneer), texture and colour of vegetables.

Methods of food processing-popping, germination/sprouting, malting, baking preparation and serving.

Study of Microorganism through permanent slides.

Part B: Human Development

Study of Reproductive system.

Visit to any one pre-school center situated in Varanasi city

Study of all developmental patterns in different age groups

- Infancy
- Baby hood
- Pre-school child
- School going child
- Child in puberty
- Adolescents
- Adult
- Old age person

Suggested readings:-

1. Tauro P., Kapoor K.K., Yadav K.S., 1996, An Introduction to Microbiology, Wiley Eastern Limited.
2. Wilson E.D., Fisher K.H. and Garcia P.A., Principles of Nutrition, John Wiley & Sons, New York, 1980.
3. Potter N.N., Hotchkiss J.H. (1996) : Food Science, Edition 5, CBS Publishers and Distributors, New Delhi.
4. MacMillan M. (1984) : Experimental Foods Laboratory Manual, Surjeet Publications.
5. Frazier W.C. and Westroff D.C. (1988) : Fourth Edition, Food Microbiology, McGraw Hill INC.
6. Prevention of Food Adulteration Act (1994) : Govt. of India.
7. Schiambery L.N. (1988). Child & Adolescent Development, McMillan Publishing Company, New York
8. Papalia, D.E. & Olds S.W. (1978). Human Development, Mcgraw Hill, New York
9. Child Development – A Topical Approach, Alison-Clarke-Stewart, Susan-Friedman-Joanne Kock
10. Berk. L.E. (1996). Child Development, New Delhi. Prentice Hall

SEMESTER - III

Paper - III

HSB301: HOME SCIENCE EXTENSION EDUCATION
AND HUMAN NUTRITION

(Credit 4)

Section A: HOME SCIENCE EXTENSION EDUCATION

(Credit 2)

Extension Education: Concept, meaning, philosophy, principles, aims & objectives of extension education, Brief History of extension activities in India (present and past Independence), Extension Teaching Methods, Difference between formal & extension education, Steps in extension teaching

Classification of extension teaching methods according to different criterias; according to use, form & nature, function, steps in extension teaching, Learning Objectives, Innovation Decision Process, Adoption process, Adopter's Category, Combined use of extension teaching methods (purpose, significance & types of combinations), Types of demonstrations (method, result & combined demonstration), Group Discussion, Campaign, Teaching Through Village Leaders, Criteria for Selection of Extension Teaching Methods, Factors affecting Extension Teaching Methods, Traditional Folk programmes, Educational Psychology & its application to extension education, Concept, meaning & aim of education psychology, Relationship between educational psychology & extension education, Objective and contribution of Psychology, Intelligence, emotions & motivation (concept, related Theories, types, importance, use in extension teaching), Psychology of Learning: Definition, meaning & concept of Teaching, Principles of Teaching; Qualities of a good Teacher, Guidelines for the teacher, Teaching plan (method of preparation, essentials & precautions), Teacher evaluation (concept & criterias), Some psychological terms & their definition; Attention & Perception, Thinking, Conflicts, Psychological barriers, Propaganda

Communication: Concept of communication - meaning, functions, problems & barriers, Elements of communication process, Communication media - meaning, classification, advantages & limitations, Importance of communication in extension work, Communication Models, Functions of Communication, Communication Channels, Communicator - Communicate relationships; Orientation, Empathy, Feedback, Physical Interdependence, Credibility, Interaction, Homophily, Heterophily, Feedback in communication & role of feedback in Extension Education, Communication and extension approaches; Individual approach, Group approach, Mass approach.

H.Sc. Extension: Concept, meaning of H.Sc. extension, History of H.Sc. extension education, History of H.Sc. extension education in India.

(Credit 2)

Section B: HUMAN NUTRITION

Concept of Nutrition: Relation of nutrition to health, optimum nutrition, adequate nutrition, malnutrition, growth of the Science of nutrition with particular reference of India. Composition of human body, structure and functions of digestive organs, excretion of waste products, study of urine, sweat and faeces, blood body fluids and hormones, Microscopic study of stomach, tissues of human body, digestion absorption and metabolism of foods. Brief history of Nutritional Science, Scope of Nutrition. Minimal Nutritional requirements & RDA - Formation of RDA and Dietary guidelines - Reference Man and Reference Woman. Human Body Composition and Changes through the life cycle. Energy in Human Nutrition - Energy Balance, Assessment of Energy Requirements, Deficiency & Excess.

Introduction to Biochemistry - Definition, objectives, scope.

Carbohydrates: Definition, classification, structure and properties, Digestion and Absorption, Blood glucose and effect of different carbohydrates on blood glucose, Glycemic Index, Significance of Dietary Fibre.

Proteins - Definition, classification, structure & properties of : amino acids - Essential & non-essential & proteins : Assessment of protein quality (BV, PER, NPU), Protein Energy Malnutrition (PEM).

Lipids - Definition and classification, structure, properties, significance of acid value, iodine value and saponification value, Digestion & absorption.

Vitamins: Fat soluble and Water soluble Physiological role, bioavailability, requirements, sources, deficiency and excess.

Minerals & Trace Elements - Physiological role, bio-availability and requirements, sources, deficiency and excess (Calcium, Phosphorus, Magnesium, Iron, Fluoride, Zinc, Selenium, Iodine, Chromium).

Water & Electrolyte: Functions, Requirements.

Enzymes: Definition, Types & Classification of Enzymes

Community Nutrition: Community Nutrition or a field; Public Health Nutrition. Goals for Nutrition programmes, planning, implementation and evaluation of nutrition education programme, food fads & food

habits. Introduction to national nutrition programmes & policies; Integrated Child Development Services (ICDS); National Rural Development Programme (NRDP); National Rural Employment Programme (NREP); Miscellaneous monofocal programmes. Role of international agencies and programmes in community nutrition; Food & Agriculture Organization (FAO); World Health Organization (WHO); United Nations Childrens Fund (UNICEF); Other voluntary & government agencies. Direct nutritional assessment of human groups; Nutritional anthropometry; Biochemical tests; biophysical tests; clinical signs; individual nutrient deficiencies. Diet Survey methods at national, institutional, family and individual level. Indirect nutritional assessment of human groups : Indicators and their use; health policy indicators; social and economic indicators, indicators of the provision of health care; coverage by primary health care; basic health status indicators.

PRACTICAL

HSB302: HOME SCIENCE EXTENSION EDUCATION AND HUMAN NUTRITION

(Credits 2)

Part A:- Home Science Extension Education

1. Preparation and use of following aids; Circular letter, Leaflet and Pamphlet, News paper, Flash cards, Poster, Chart.
2. Visiting Exhibition/media in community and preparation of report.
3. To get familiar with use and care of projected aids.

Part B:- Human Nutrition

1. Preparation of dishes rich in : Energy, protein, fat, fiber, calcium, iron, vitamin A, vitamin C, thiamine, riboflavin and niacin.
2. Reaction of Mono, Di and polysaccharides and their identification in unknown mixtures, Iodine test for cooked and uncooked starch & dextrin.
3. Reactions of different types of fats (saponification and iodine value)
4. Reactions of proteins
5. Study of microscopic structure of tissues, liver, kidney, stomach, intestine, blood
6. Evaluation of nutritional status : By Anthropometry survey, Dietary survey
7. Other determinants of family nutrition : Socio-economic status survey, using SES scale, Weaving practices, Immunization practices. Sanitary practices.
8. Dietary practices, fads and fallacies during illness, pregnancy, lactation and other special conditions.
9. Assessment of nutritional status using above criteria in a community set up and report writing.

Suggested readings:

1. Reddy A. Extension Education, Bapatia, India, Shree Laxmi Press
2. Pillai K.S., ABC of Non-formal Education, ITB Indraprastha Estate, New Delhi, India Adult Education Association
3. Dhama O.P. & Bhatnagar O.P., Education & Communication for Development, Oxford & I.B.H. Publishing Co. Pvt. Ltd., New Delhi
4. Sampath K., Pannirselvam A., Santhanam S., Introduction to Educational Technology, New Delhi, Sterling Publishers
5. Swaminathan M. (1985) : Essentials of Food and Nutrition, Vols. I & II, Ganesh & Co., Madras
6. Indian Council of Medical Research (1989) : Recommended Dietary Intakes for Indians
7. Indian Standards Institution (1985) : ISI Handbook of Food Analysis, Parts I to XI, Manak Bhawan, New Delhi
8. Sundararaj P and Siddhu A. (1995) : Quantitative tests and Quantitative procedures in Bio-chemistry - A practical manual, Wheeler Publishing
9. Lehninger A.K., Nelson D.L. and Cox M.M. (1993), 2nd Ed. Principles of Biochemistry. CBS Publishers and Distributors
10. Guyton A.C., Hall J.E. (1996) : Textbook of Medical Physiology, 9th Ed. Prism Books (Pvt.) Ltd., Bangalore
11. Ober J.C. (1986) Community Nutrition, 2nd Edition, MacMillan Publishing Co., New York

SEMESTER - IV

Paper IV

HSB401: INTERIOR DESIGN AND CLOTHING CONSTRUCTION

(Credit 4)

Section A: INTERIOR DESIGN

(Credit 2)

Housing: Family's Housing Needs, Protective, economic, affectional, social standard of living housing goals, style, function, occupation, Factors influencing selection and purchase of site for house building, Legal aspects, location, physical features, soil conditions, cost, services, House Planning, Reading house plans Grouping of rooms, orientation, circulation, flexibility, privacy, spaciousness, services, aesthetics, economy light and ventilation

Planning different rooms: Living room, dining room, bedrooms, kitchen, store room, toilet, passage, staircase, Financial Consideration, Availability of funds for housing, Housing Development Finance Corporation, Cooperative Housing Society, Life Insurance Corporation, Cooperative Banks, Loan from Provident Fund, Finance Corporation of India, Residential structural features of architecture

Foundations, footing, plinth, beams, columns, walls, slabs, floor, ceiling, window, doors, staircase, Types of building materials and its characteristics & uses, Gardening plan & indoor gardening, State & Central Housing Scheme; National Housing Policy, Urban Land (Ceiling & Regulation) Act, 1976, Rent Control Act and Govt. Policies & Programmes, Housing problems, causes and remedial measures, Housing Standards & Legislation

Interior Planning & Decoration: Introduction to interior planning & decorations

Application of elements and principles of design in interior planning and decoration, Furniture; Furniture design based on anthropometric dimensions

Styles of furniture; Traditional, contemporary and modern, Selection of furniture for comfort, rest & relaxation for work, for storage, Arrangement of furniture for living, sleeping, dining and multipurpose rooms, Upholstered furniture, materials, techniques and designs, Furnishing Fabrics, Types of curtains; Draperies, floor coverings, rugs and carpets, cushion covers, slip covers, bed linen and table linen

Selection and use, Functional & decorative accessories for interiors, painting, sculpture, pots etc., Lighting in interior, Lighting plans for illumination and special effects, Lighting sources; Developing a lighting plan for different areas, Kitchen Modular Design; Types of kitchen, Kitchen Geometry; Work height of different work areas and storage areas, space dimensions of different work centres and work areas, Materials; Floor, walls, sink, ceiling and its characteristics, platforms, storage etc., Types of finishes, Essential services needed in a kitchen,

Water supply, Hot & cold, tap fittings, water purifiers, Electricity services; electricity current, air purifier, MCB fuses, exhaust, Drainage services; Waste water drainage system, waste disposal, cleaning agents & equipments

Light: Introduction to light, properties of light, velocity of light. To study the different type household equipments (mixer grinder, electric iron, toaster, geyser, water heater, washing machine and microwave)

Cleaning and care of different materials; Metal, glass, wood, paints, upholstery, floor & floor coverings.

Section B: CLOTHING CONSTRUCTION

(Credit 2)

Traditional textiles and costumes of India, Dyed & Printed textiles of India; Kalamkari, Patola, Pochampalli, Ikat of Orissa, Tie & Dye of Tamil Nadu; Woven Textiles of India; Brocades, Shawals of Kashmir, Muslins of Bengal, Silk of Karnataka; Cotton of Kerala, Woven sarees of different states of India, Traditional Costumes of India; Costumes of Men & Women & Traditional marriage costumes of different states of India (Details of costumes, jewellery & accessories), Elements and Principles of design as applied to apparel designing, Figure types, silhouettes, Sewing equipments and other tools required for drafting, cutting, stitching, sewing machine: Part of machine, their use, care & remedy, Body measurement; Anthropometric measures and method of taking body measurement for different garment, General construction techniques for garment; Drafting, folding, lay out, marking and cutting of pattern pieces, Essentials of Children's Clothing, Importance of Clothing, Psychological effect of clothing on children, Effect of clothes and child's growth, Sociological & Psychological aspects of clothing, Drafting of Jhabla, Baby frock, plain frock, shirt, trouser.

Pattern Making: Techniques of flat pattern making, Principles and application of flat pattern for different styles of bodies, skirt and sleeves, slash & spread method. Fabrics for garment making; Handling of different types of fabrics, selection of fabric for different garment, study of texture, surface, colour in relation to garment design, material required for different garment. Sources of inspiration for apparel designing fashion and current fashion trends.

Seams: Types of seam, seam finishes (Darts, Tucks, Pleats, Gather, Yokes, Pockets, Collars, Loops & fasteners, Trimmings, Stay Stitching, Lining, Neckline, Interlining, Top Stitching, Facing, Interfacing), Sewing supplies.

Part A :- Interior Designing

Learning architectural symbols

Drawing of house plans for different income levels

Planning of different kitchen layouts (considering various kitchen sizes)

Study of furniture detailing

Furniture layout for different rooms & drawing of designs

Interior design for small flat/large residential space/different rooms

Visit to hotels, restaurant, conference hall to study interior designing pattern (any one)

Part B:- Clothing Construction

Visit to museum & report writing on traditional textiles of India.

Group Discussion on traditional costumes of India.

Illustration of different garment on Silhouette.

Preparation of Bodice block, adult.

Drafting of sleeves basic & variation.

Drafting of collar & its variation

Construction of frocks, trouser, shirt.

Preparation of samples of seams dart, tucks, pleats, pockets, collars, loops, fastener.

Sketching of designs of variation in frocks.

Suggested readings:

1. Cherunilam, Frances & Heggade, Odeyan; D (1987) : Housing in India, Bombay, Himalaya Publishing House
2. Again Tessie (1970) : The House : Its Plan & use, New York, J.B. Lippincott Co.
3. Deshpande R.S. (1980) : Modern Ideal Homes for India (9th Ed), Smt. L.S.Deshpande for Deshpande Publications Trust
4. Deshpande R.S. (1980) : Building your own House. United Book Corporation
5. National Building Organization – Monograph of Housing Statistics
6. Ball Victoria Kloss (1982) : Art of Interior Design, John Wiley & Sons
7. Ruth Morton : The Home and its furnishings; U.S.A. McGraw-Hill, 1953
8. Complete Guide to Sewing, The Reader's Digest Association, Inc., Pleasantville, New York/Montreal, Canada
9. Pandit Savitri, Manual for Children's Clothing, Orient Longman Limited, Bombay
10. Zarakkar K.R. : Zarakkar System of Cutting, Bombay
11. Doongaji (1975) : Basic Process & Clothing Construction, New Delhi, Raj Book Dep.
12. Brij Bhushan, Jamila : The Crafts of Weavers, The Costumes & Textiles of India, D.E. Tarapore Valla Sons & Co.
13. Gandotra & Patel: Housing for Family Living
14. डॉ. मजू पाटनी : गृह प्रबंध
15. डॉ. मजू पाटनी : आवास गृह सज्जा एवं घरेलू उपकरण
15. करुणा शर्मा : आवास एवं आंतरिक सज्जा
16. डॉ. रीता खन्नुजा : गृह प्रबंध साधन व्यवस्था एवं आंतरिक सज्जा
17. डॉ. जी.पी. शर्मा : गृह व्यवस्था एवं गृह कला

HSB501: HOME SCIENCE EXTENSION EDUCATION AND RURAL DEVELOPMENT

(Credit 3)

Community Development: Meaning, objectives, organization of Community Development, Scope of Community Development Programme Types of Community Development Programme; Various community development programmes, Govt. sponsored programmes for family development; DWCRA, IRDP, NREIP, RLEGP, TRYSEM etc. (source of funding), Panchayati Raj & Democratic Decentralization, Concept & evolution of Panchayati Raj, Organization of Panchayati Raj Institutions, Functions & Importance of Panchayat in rural development, Five Year Plans; Concept & evolution of Five Year Plans, Major contribution of Five Year Plans in rural development, Leadership Development, Concept & definition of leader & leadership, Types of leaders; Principles of democratic leadership, Personality Dynamics of leader, Functions of a leader, Factors determining effectiveness of leader, Role of leader in group mobilization, Gender and Development, Concept of development, Indicators for development, Women as a partner in the developmental process & national planning, Approaches of Development, Shifts from welfare approach to development & empowerment approaches, National efforts for Development of Women; National Policy on Women, Role of National Commission for Women

Rural Sociology: Concept, meaning, definition of Rural Sociology, Nature & scope of Rural Sociology, Rural Sociology in India; Origin & development, Importance of Rural Sociology in India, Subject matter of Rural Sociology, Study methods of Rural Sociology, Functions & utility of rural Sociology, Rural Social System, Indian Village (meaning & concept), Characteristics of Rural Society, Rural and Urban life, Rural Social Problems, Indian rural social structure, Rural development and programme; Integrated Rural Development Programme, Rural Reconstruction & Planning

Suggested readings:

1. Patnayak Rama, Rural Development in India, New Delhi, Vikas Publishing House Pvt. Ltd.
2. Thingalaya N.K., Rural India - Real India, Bombay, Himalaya Publishing House
3. Indian Journal of Extension Education, The Indian Society of Extension Education, Division of Agricultural Extension, IARI, New Delhi - 110012
4. Desai, Vasanth, Rural Development Programme & Strategies, Bombay, Himalaya Publishing House

Paper - II

(Credit 3)

HSB502: CONSUMER ECONOMICS

Family organization : Family as a basic institution, Structure of Indian Families-urban and Rural family. Family as an economic family, family and society.

Consumer Economics: Definition, usefulness and importance of the subject. Survey of living standards of any given group.

Standards: Principle of family's standard of living. Concept of standard of living method to raise standard of living.

Human wants & Utility of commodities: Factors governing wants. Theory of wants, classification of wants. Principles of substitution of relation, utility-law of diminishing marginal utility. The principle of equimarginal utility as the object of household expenditure, consumers, surplus.

Family Finance: Type of income-money, real, psychic

1. Sources of money income wages and salaries, Profit, Interest and Rent, Transfer Payments, Royalties, Gifts.
2. Sources of real income. Money spent in exchange economy. Household production. Free goods and services.
3. Regular and irregular income. Substitutions of other resources for money. Methods of handling income in families.

Expenditure: Family budget its main items, Engle's law of consumption, kinds of household consumption.

Market: Recognition, type of markets functions distribution, role of consumer in market. Price determination under monopoly and competition. Rationing and price control

Maslow's self actualization Theory. Attachment theory of Bowlby. The psychology of behaviour perception, concept formation, reasoning and thinking. Imagination, creativity memory, remembering and forgetting. Intelligence Motivation and Learning

Early Childhood Education and Management: Meaning, importance and origin in India, objectives and Principle of ECCE, philosophy of Early Childhood education (Pre-basic Education of Gandhiji, Maria Montessori, Giju Bhai Vadika, Froebel). Early childhood education centers: Infrastructure and Administration, Staff building and Equipment, record keeping, parent teachers meeting, Curriculum for ECCE centers, Importance of Science, nature, music, role plays and stories in ECCE programme, Understanding and guiding children.

Child Guidance & Counseling: Meaning, nature, scope & objectives of child guidance & counseling service, principals of Guidance & Counseling, types of Guidance & Counseling, Educational, Vocational, Occupational, Personal and Behavioural, pre-marital and marital counseling, different stages of guidance and counseling, role of counselor, ethics of guidance and counseling.

Assignment on any one topic selected from theory course and presentation of the same. (For theory sessional only)

Suggested readings:

1. Gangrae K.D. (1971), Community Organization in India, Popular Prakashan, New Delhi
2. State of World Children, UNICEF, Annual Publication
3. Parakesh B.S. (1985), Population Education - Inception to Institutionalization, NCERT, New Delhi
4. Bernard H.W. & Fullner D.W., Principles of Guidance, Bombay, Allied Publishers
5. Verma Hildebrand (1985) Guiding Young Children, New York, MacMillan Publishing Company
6. Hallan D.P. & Kauffman T.M. (1991), Introduction to Exceptional Children (5th Ed.), Boston, Allyn & Bacon

Paper - IV

HSB504: DIET THERAPY I

(Credit 3)

Basic concepts of diet therapy: Therapeutic adaptations of normal diet, principles and classification of therapeutic diets. Team approach to health care. Assessment of patient's needs. Routine Hospital Diets; Regular, light, soft, fluid, parenteral and enteral feeding.

Energy modifications and nutritional care for weight management, Identifying the overweight and obese, etiological factors contributing to obesity, prevention and treatment, low energy diets, balanced energy reduction. Underweight; Aetiology and assessment, high energy diets for weight gain, anorexia nervosa and bulimia, Diets for Febrile conditions, infections and surgical conditions

Etiological factors, symptoms, diagnostic tests and management of GI tract disease - Diseases of oesophagus, gastric and duodenal ulcers, diarrhoea, steatorrhoea, diverticular disease, inflammatory Bowel Disease, Ulcerative Colitis. Flatulence, Constipation, Irritable Bowel Syndrome, Hemorrhoids, Celiac sprue, Tropical sprue. Nutritional Anemias, Sickle cell Anemias. Viral Hepatitis, Cirrhosis of Liver, Hepatic Encephalopathy, Wilson's disease. Dietary care and management in diseases of Gall Bladder and pancreas - Cholelithiasis, cholecystitis, cholecystectomy, Pancreatitis etc.

PRACTICAL

(Credit 2)

HSB507: DIET THERAPY I

Planning and preparation of Normal diet.

High-Risk Management (hospital based) - Nutrition assessment.

Planning and preparation of fluid food preparations.

Clear fluid preparations. Full fluid preparations. Planning and preparation of fluid diet-clear and full fluid.

Planning and preparation do Recipes of soft/semi-solid diet,

Mechanical, pureed, Planning and Preparation of soft diet.

Planning and preparation of recipes using protein concentrates, sugar substitutes, low fat and low calorie recipes, high fibre recipes, bland diet recipes and diets for the following conditions:

Constipation, malabsorption, syndrome, viral hepatitis, liver

Cirrhosis, cholecystitis, nutritional anaemias

Price of Commodities: Fundamental ideas. Fixation of price. Price as a guide to quality. The role of consumer in increase and decrease of prices. Causes of inflation-role of consumer in influencing inflation.

Market, Supply & demand: Market Schedule, law of demand elasticity of demand.

Types of advertising: Newspaper, magazines direct advertising, radio and television, Outdoor advertising; Advantages & disadvantages of each

Entrepreneurship: Concept and frame work, features, classification of entrepreneurship, entrepreneurship theories, contribution of entrepreneurship and economic development.

Suggested readings:

1. Gordon Lee (1972). Economics for Consumers. D. Van Nostrand Company, New York
2. Singh Gurbax (Comp) (1990): Law of Consumer Protection, Jaipur, Bharat Law Publishers
3. Kewal Krishan Dewett & Adarsh Chand (1981): Modern Economic Theory, 12th Ed., Shyam Lal Charitable Trust
4. Gupta B.D. (1973), Consumption Pattern in India, Tata McGraw Hill
5. Smt. B. K. Bakhshi: Consumer Economics (Hindi)
6. Dr. Tripathi: Consumer Economics (Hindi)
7. Dr. Naresh Tripathi: Consumer Economics (Hindi)
8. Dr. Dubey and Sinha: Consumer Economics (Hindi)
9. Smt. B. K. Bakshi: Consumer Economics (Hindi)
10. Dr. Tripathi: Consumer Economics (Hindi)

PRACTICAL

HSB506 (BASED ON HSB501 AND HSB502) (Credit 3)

Part A: HOME SCIENCE EXTENSION EDUCATION AND RURAL DEVELOPMENT

Visit to a village to gain knowledge through standard questionnaire about;

- (a) The Rural Society
- (b) The Gram Panchayat, Regional Committee $\frac{1}{4}$ (ks=h; lfeft $\frac{1}{2}$) at block level and their functioning.

To know about different programmes running for rural development and interaction with villagers.

Observation of development programmes running in the village and interaction with villagers and personnel of implementing agency.

Educational tour to institutions related to the course.

Part B: CONSUMER ECONOMICS

Study of merits and demerits of nuclear family and joint family.

Impact of advertising on consumer buying on children and women/ society.

Collection of various advertisements and classification by identifying intended consumer appeal.

Make a list of sources of income in your family. Draw up a personal budget.

Assignments- Assign projects to the students to present new idea of entrepreneurship.

Paper – III

HSB503: FUNDAMENTAL OF HUMAN DEVELOPMENT (Credit 3)

Methods of studying Human Development: (case study interview, naturalistic observation and laboratory observation). Experimental methods. Data collection methods (cross sectional and longitudinal and sequential studies). Ethics of Research (ethical issues and standards).

Introduction to theories of Human Development: Piaget's theory of Cognitive Development. Psychosexual theory of Sigmund Freud (Defense Mechanisms, stages of Psychosexual development, Id, ego and super ego). Psychosocial theory of Erik Erikson. Traditional learning theories (Pavlov, Watson and Skinner). Social learning theory (Bandura). Kohlberg's Theory of Moral Development. Theories of language acquisition.

Suggested readings:

1. Anderson, L., Dibble, M.V., Turkki, P.R., Mirchall, H.S., and Rynbergin, H.J. (1982): Nutrition in Health and Disease, 17th Ed., J.B Lippincot & Co. Philadelphia.
2. Antia, F.P. (1973). Clinical Dietetics and Nutrition, Second Edition, Oxford University Press, Delhi
3. Mahan, L.K., Arlin, M.T., (1992): Krause's food, Nutrition and Diet Therapy, 8th Ed. W.B. Saunders Company, London.
4. Robinson, C.H., Lawler, M.R., Chenoweth, W.L. and Garwich, A.E. (1986): Normal and Therapeutic Nutrition, 17th Ed., Macmillan Publishing Co.
5. Williams, S.R. (1989): Nutrition and Diet Therapy, 6th Ed. Times Mirror/Mosby College Publishing, St. Louis.
6. Raheena, Begum (1989): A textbook of foods, nutrition and dietetics. Sterling Publishers, New Delhi.
7. Joshi, S.A.(1992): Nutrition and Dietetics, Tata Mcgraw Hill Publications, New Delhi.

Paper – V

HSB505: FASHION DESIGNING (Credit 3)

I. Pattern making:

- i. Techniques of flat pattern - principles and application of flat pattern for different styles
- ii. Introduction to draping & draping of bodice block or dress form Developing paper pattern, pattern envelop, guide sheet and understanding the commercial paper pattern
- iii. Fitting; Factors affecting good fit, problems and remedies Dart manipulation
- iv. Principles of figure drawing & skerching of body features, block figure. Drawing the form with different angles, Front, side, back
- v. Drafting and stitching of salvar, kurta, blouse, petticoat, night suit (any three)
- vi. Dart-manipulation
- vii. Component of fashion; Silhouttee, details, colour, fabric, texture, seams, trims.
- viii. Study of Fashion Terminology, concept, fashion cycle
- ix. Fashion forecasting
- x. Portfolio development
- xi. Detailed study of Industrial machine & equipments used for Cutting, Sewing, Finishing, Embellishment.

PRACTICAL

(Credit 2)

HSB508: FASHION DESIGNING

1. Preparation of bodice block
2. Preparation of patterns by draping
3. Preparation of patterns by flat pattern
4. Dart manipulation
5. Preparation of block figures
6. Sketching of fashion figures with different angles
7. Sketching of fashion figure & designing of garments using fashion components
8. Portfolio development
9. Study of industrial machine and equipments related to sewing, cutting and finishing
10. Preparation of two designer garments

Suggested readings:

1. Armstrong, Helen Joseph. Pattern making for Fashion Design, Harper Collins Publishers, New York
2. Bane A. Flat Pattern Design, Mcgraw Hill
3. Goldsworthy, M. Simple Dress-making, London, Mills & Boon Ltd.
4. Allen, Anne & Seaman Jullian. Fashion Drawing - Basic Principles, B.T Batsford, London

SEMESTER – VI

Paper – I

HSB601: ADVANCED HOME SCIENCE EXTENSION
AND COMMUNICATION

(Credit 3)

Adult Education (A.E.): Formal, non-formal & Informal system of education, Concept, background, meaning & definition of A.E., Aim & objectives and goals of A.E., Role of Adult education in National Development, History of adult education in Post-Independent India; Gram Shikshan Mohim, Farmer's functional literacy project, Non-formal education for youth (NAEY), National adult education programme (NAEP), State adult education programme (SAEP), Adult education through voluntary agencies, National Literacy Mission (Achievement & Problems), Literacy scenario of nation, state, district & local areas. Choice of language for literacy, dialects Vs standard.

Community participation in A.E.: Training for Development, Concept, meaning & types of training; Institutional, Interactive, Participatory, Various Training Approaches; Creativity Training, Field Training, Group dynamics, Laboratory Training, Motivation Training, Self-awareness & self development, Techniques of Training including RRA, PRA.

Genesis & growth of Folk and Electronic media in India: Types of folk media, folk music & dances, street theatre & its educational value, role of puppetry & different types of puppets, importance of folk media in development context & criteria for selection of folk media. Concept, meaning & role of electronic media, various forms of electronic media (broadcast media, T.V., film media), their development in India, Types of programmes, their use in extension work, feedback mechanism for all types of electronic media.

Advertisement and Visual Publicity: Meaning, importance & role of visual communication and print media, type of printing (Design & layout), press & public relations, law related to press, agencies governing regulations & ensuring-freedom of press, concept & meaning of graphic art, editorials, principles of editing. Advertising as a mass communication process, Need for advertising communication, economic & social effect of advertising, Types of advertising media; print media, broadcast media, outdoor advertisement (hoardings, posters, bill board, bulletin board, electronic signs, literbins, aerial methods, wall magazines), transportation media (mobile vehicles), exhibitions & trade fairs, non-media advertising, Techniques of Advertising; choosing content, layout & design, media planning, Ethics in Advertising, Programme Planning, Meaning, need & principles, Steps in programme planning, Criteria for good programme planning, Execution, monitoring & evaluation of extension programme

Project Planning & Management: Meaning & concept of project, Components of project management system, Steps for designing the project, Proposal writing, Cost estimation & financial management, Fund raising.

PRACTICAL

HSB606: ADVANCED HOME SCIENCE EXTENSION
AND COMMUNICATION

(Credit 2)

1. Plan a programme keeping in mind the steps of Programme Planning.
2. Proposal writing
3. Organizing a Fair/Mela/Exhibition.
4. Excursion Tour

Suggested readings:

1. McGivney, Veronica & Murray, Frances : Adult Education in Development – Methods & Approaches for Changing Societies, 19 B, De Mant Fort Street Leicester LE, U.K. National Institute of Adult & Continuing Education
2. Lynton Rolf P. & Pareek Uday, Training for Development Homewood, Iwrois, Dorsey Press
3. Jain R, Mass Media & Rural Development, Vol. II, New Delhi, Mank Publication Pvt. Ltd.

Paper – II

HSB602: DIET THERAPY II

(Credit 3)

Diabetes Mellitus: Classification, Symptoms, diagnosis, Insulin therapy, Oral hypoglycemic agents, Glucose monitoring at home. Dietary care and nutritional therapy, meal plan (with and without insulin). Special dietetic foods, Sweeteners and sugar substitutes. Diabetes in pregnancy, elderly, surgery, illness. Diabetic coma, Insulin reaction. Juvenile Diabetes. Patient education, hypoglycemia.

Diseases of the cardiovascular system; Atherosclerosis: Etiology and risk factors. Hypertension: Etiology, prevalence, nutritional management and prevention. Diet in kidney diseases; Classification, etiology, characteristic symptoms and dietary management in: Glomerulonephritis: Acute and chronic, Nephrotic syndrome. Use of sodium and potassium exchange lists.

Allergies: Definition, symptoms, diagnosis and dietary management. Food selection. Food allergy in infancy.

Cancer: Nutritional and non-nutritional etiological factors.

Surgery, trauma and burns: Physiological changes in relation to trauma. Assessment of the nutritional status in surgical and burns patients. Pre-operative and post-operative nutritional care. Nutritional care in trauma. Nutritional management of burns patients.

Inborn errors of metabolism: Thyroid and parathyroid glands. Gout. Interactions between drugs.

Suggested readings:

1. Anderson, L., Dibble, M.V., Turkki, P.R., Mitchell, H.S., and Rynbergin, H.J. (1982): Nutrition in Health and Disease, 17th Ed., J.B. Lippincot & Co. Philadelphia.
2. Antia, F.P. (1973): Clinical Dietetics and Nutrition, Second Edition, Oxford University Press, Delhi
3. Mahan, L.K., Arlin, M.T.. (1992): Krause's food, Nutrition and Diet Therapy, 8th Ed. W.B. Saunders Company, London.
4. Robinson, C.H., Lawler, M.R., Chenoweth, W.L. and Garwich, A.E. (1986): Normal and Therapeutic Nutrition, 17th Ed., Macmillan Publishing Co.
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6. Raheena, Begum (1989): A textbook of foods, nutrition and dietetics. Sterling Publishers, New Delhi.
7. Joshi, S.A.(1992): Nutrition and Dietetics, Tata McGraw Hill Publications, New Delhi.

PRACTICAL

(Credit 2)

HSB607: DIET THERAPY II

1. Review of existing practices in hospitals. Oral supplements indigenous/home based and commercial for stressed patients – burns, surgery, cancer, debilitated patients. Management of patients with feeding problems. Tube feeds – all forms, elemental and parenteral.
2. Planning and preparation of diets. Without Insulin, with insulin, adult and juvenile, diabetes in pregnancy, diabetes and illness.
3. Diseases of Cardiovascular system-
4. Formulation of low cholesterol and low sodium recipes, planning and preparation of diets for hypertension, CHD, congestive heart failure during acute, chronic and convalescent conditions.
5. Protein and mineral modification for patients with renal disease
6. Planning and preparation of diet for glomerulonephritis – acute and chronic, nephritic syndrome, dialysis.
7. Elimination diets for allergy:
8. Low purine diet.
9. Overweight and obesity, underweight, fevers, ulcers, diarrhoeas.

Paper – III

(Credit 3)

HSB603: ADVANCED HUMAN DEVELOPMENT

Family and Child Welfare: Family in India (concept, family composition & structure, changing pattern of family, causes & effects of family disharmony, Implications of family changes). Marital discord, Children's right & National Policy for children, Demographic Profile of child in India. Family & child welfare services working at National & International level (CSWB, ICCW, ICDS, NIPCCD, WHO, UNICEF, CARE). Concept, meaning and coping strategies for violence against women, youth, disabled & others, types of violence. Marriage & Family dynamics, Physiological, social, psychological, financial readiness for marriage, Preparation for Marriage: Selecting a suitable partner. Premarital counseling. Technological advancement and family

Legal Aspects: Laws regarding marriage (Hindu Marriage Act, Muslim Marriage Act, Christian Marriage Act, Special Marriage Act), Divorce, Adoption, Inheritance Dowry) Contemporary issues in family life, dual career families, non-traditional families, influence of extra familial factors-films, TV, peer group, neighbourhood & school on development of children.

Family life education: Meaning, Need, Importance & objectives of Family life education, determination of sex techniques, fertilization techniques (Amnio centesis, sonography, Gift, IVF & A.I. Pregnancy & its management), Need & concept of family planning, contraceptive technology, Planned parenthood-spacing between children, size of family.

Parent Education: Meaning, Need, Importance & objectives of parent education

Child with Special Needs: Definitions, Terminology, History of studying disability in India & Abroad. Issues in Classification & labelling, Mainstreaming, Education and Rehabilitation facilities. Government & Non-government efforts (Schemes for Physically & Mentally Challenged people). Different Type of disabilities, their definition, classification, statistics, genetic & environmental, causes, prevention, Rehabilitation facilities. Mental Retardation, Sensory Deficits (Auditory Impairment, Visual Impairment). Learning difficulty & disability, Cerebral Palsy & orthopaedic disability, Communication disorders, Behavioural disorders.

Family Support Services: Meaning, Nature & Scope of Family Support Services, Support Services for children (crèches, day care centers, kishore sadan, observation home & Juvenile Jails). Support Services for Women: Mahila Ashram, Nari Niketan, Govt, Praveshalaya & Shriahalya, Vidhwa Ashrams, Women Study Centers. Support Services for elderly; Old age homes, day care for aged, Support Services for family; Family courts, family guidance centers.

PRACTICAL

HSB608: **ADVANCED HUMAN DEVELOPMENT**

(Credit 2)

Visit to various institutions related to special need children.

- val folk;
- Deaf and Dumb school
- Deva Centre

Study of marital adjustment in couples of different time span of marriage

- After 5 year of marriage
- After 20 year of marriage
- After 35 year of marriage

Study of family relationship in different types of families

- Nuclear family
- Joint family
- Extended family
- Working and non-working women
- Single parent family

Suggested readings:

1. Gangrae K.D. (1971), Community Organization in India, Popular Prakashan, New Delhi
2. State of World Children, UNICEF, Annual Publication
3. Parakesh B.S. (1985), Population Education – Inception to Institutionalization, NCERT, New Delhi
4. Bernard H.W. & Fullner D.W., Principles of Guidance, Bombay, Allied Publishers
5. Verma Hildebrand (1985) Guiding Young Children, New York, MacMillan Publishing Company
6. Hallan D.P. & Kauffman T.M. (1991), Introduction to Exceptional Children (5th Ed.), Boston, Allyn & Bacon

Paper – IV

HSB604: **CONSUMER AND BUSINESS LEGISLATION**

(Credit 3)

Consumer Protection: Consumer rights, problems of Indian consumers, Legislations protecting interest of consumers, measures to promote consumerism, Consumer Protection Act, 1986 – rights of consumers- objectives, Scope, authorities-councils.

Essential Commodities Act, 1955: Introduction, essential commodities, Powers of Central Government. Seizure and Confiscation, Sale of seized commodities, Paenalty provisions in case of contravention.

Contract Act, 1872: Definition, Essentials of a valid contract, kinds of contract, Offer and acceptance, Consideration-concept to consideration, Capacities of parties and contract by a minor.

Sale of Goods Act. 1930: Sales and agreement to sale, Essentials of contract of sale, Subject matters, Conditions and warranties, implies conditions, Shipping documents, Rights of Unpaid seller.

Local Government: Characteristics, importance and advantages; Problems before local government. Powers, authority and responsibilities of Panchayats. Election to Panchayats; Constitution of Municipalities, Powers, authorities and responsibility of Municipalities.

Suggested readings:

1. Meena, Malik and Junja: Business Environment, Kalyani Publishers
2. Sharama, Sadana: Public Administration, Kitab Mahal
3. Upadhyay, Sharma & Dayal: Business Environment, Ramesh Book Depo
4. Tulsian, P.C.: Business Law, Tata McGraw Hill
5. Bose Chandra, D: Business Law, PHI Learning Pvt Ltd
6. Kapoor,, N.D.: Elements of Mercantile Law, Sultan Chand & Sons

Paper – V

HSB605: STATISTICS AND RESEARCH METHODS (Elective)

(Credit 4)

Elementary Statistics: Nature of investigation, scope, objectives. Sources of data, study tools and Techniques of Research, Frequency distributions, Mean, mode, Median. Probability, Standard deviation, Graphs., Research and Documentation, Different types of research and their application, types all data (Primary and Secondary), methods of data collection, classification and organization of data, editing and coding the data, representation of data diagrammatic and graphic presentation, techniques of construction of diagrams and graphs. Techniques of Research Writing

Seminar- 25 marks

Suggested readings:

1. Bhandarkar, P.L. and Willanson T.S. 2000 Methodology and Techniques of Social Research, Himalaya Publishing House, Mumbai.
2. Bhatnagar, G.L. (1990): Research Methods and Measurements in Behavioural and Social Sciences, Agri. Cole Publishing Academy, New Delhi.
3. Stranss, A. and Corbin, H. (1990): Basis of Qualitative Research: Grounded Theory Procedures and Techniques, Saga Publications, California.
4. चित्र एवं मनाविज्ञान में सांख्यिकी रु गैरट हेनरीई

**ANCILLARY COURSE OF HOME SCIENCE
FOR NON HOME SCIENCE STUDENTS
OF B.SC. IIND SEMESTER
COURSE I**

Meaning of Home Science, Importance of Home Science, Different branches of Home Science
Role of Home Science in solving the national problems
Introduction, terminology and classification of textile fabrics & their properties, identification of fabrics
Care and storage of textiles, laundering of textiles, stain removal, labels
Factors affecting the selection of wardrobe planning, clothing, socio psychological aspects of clothing – eco management, eco mark and environmental friendly textiles
Fundamentals of Human Development - Importance of Human Development from life span perspective
Determinants of development biological and environmental
Principles of Developments
Different stages of Human Development. Different types of Development Physical motor, Language, emotional, mental, social and personality development
Challenged children in brief
Communication- concept of communication meaning, functions, problem and barriers of Communication

**B.SC. IVTH SEMESTER
COURSE II**

Introductory foods: their functions different food groups, Nutrients. Balanced diet, Methods of Cooking, Menu planning preservation, Adulteration, Community nutrition, Nutrition Education Programme. Brief review of Diseases.
Meaning and importance Home Management Different Steps of Home Management.
Resources: Type of Resources. Classification and characteristics of Resources.
Time and energy management
Financial Management: Money as a resource in economic welfare. Family life stages and use of money, Budget.
Principles of design: definition
Family Resource Management : Management system, concept, stages of management, process of managements, principles of management
Resources, classification, role and scope of resources
Motivation for management – values, goals, standard and origin, classification and role in management
Elementary idea about money, time, energy management
Decision making – role, process
Consumer rights, responsibilities in today's world
Elements and principles of design and their application in interiors
Extension Education: concept, meaning, philosophy, principles, aims and objectives of Extension Education
Project and non projected aids and its utility in teaching and learning.

**ANCILLARY COURSE OF HOME SCIENCE
FOR NON HOME SCIENCE STUDENTS
OF B.SC. IIND SEMESTER
COURSE I**

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Role of Home Science in solving the national problems
Introduction, terminology and classification of textile fabrics & their properties, identification of fabrics
Care and storage of textiles, laundering of textiles, stain removal, labels
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Different stages of Human Development, Different types of Development Physical motor, Language, emotional, mental, social and personality development
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**B.SC. IVTH SEMESTER
COURSE II**

Introductory foods: their functions different food groups, Nutrients, Balanced diet, Methods of Cooking, Menu planning preservation, Adulteration, Community nutrition, Nutrition Education Programme. Brief review of Diseases.
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Financial Management: Money as a resource in economic welfare. Family life stages and use of money, Budget.
Principles of design: definition
Family Resource Management : Management system, concept, stages of management, process of managements, principles of management
Resources, classification, role and scope of resources
Motivation for management – values, goals, standard and origin, classification and role in management
Elementary idea about money, time, energy management
Decision making – role, process
Consumer rights, responsibilities in today's world
Elements and principles of design and their application in interiors
Extension Education: concept, meaning, philosophy, principles, aims and objectives of Extension Education
Project and non projected aids and its utility in teaching and learning.

To The Labrarian - Home Science -
ANCILLARY COURSE OF HOME SCIENCE
FOR NON HOME SCIENCE STUDENTS
OF B.S.C. IIND SEMESTER
COURSE I

2014-15

New Syllabus

HSB-A-201(A)

Meaning of Home Science, Importance of Home Science, Different branches of Home Science
Role of Home Science in solving the national problems
Introduction, terminology and classification of textile fabrics & their properties, identification of fabrics
Care and storage of textiles, laundering of textiles, stain removal, labels
Factors affecting the selection of wardrobe planning, clothing, socio psychological aspects of clothing - eco management, eco mark and environmental friendly textiles
Fundamentals of Human Development - Importance of Human Development from life span perspective
Determinants of development biological and environmental
Principles of Developments
Different stages of Human Development, Different types of Development Physical motor, Language, emotional, mental, social and personality development
Challenged children in brief
Communication- concept of communication meaning, functions, problem and barriers of Communication

B.S.C. IVTH SEMESTER

COURSE II HSB-A-401(A)

Introductory foods: their functions different food groups, Nutrients, Balanced diet, Methods of Cooking, Menu planning preservation, Adulteration, Community nutrition, Nutrition Education Programme. Brief review of Diseases.
Meaning and importance Home Management Different Steps of Home Management.
Resources: Type of Resources, Classification and characteristics of Resources.
Time and energy management
Financial Management: Money as a resource in economic welfare. Family life stages and use of money, Budget.
Principles of design: definition
Family Resource Management : Management system, concept, stages of management.
process of managements, principles of management
Resources. classification, role and scope of resources
Motivation for management - values, goals, standard and origin, classification and role in management
Elementary idea about money, time, energy management
Decision making - role, process
Consumer rights, responsibilities in today's world
Elements and principles of design and their application in interiors
Extension Education: concept, meaning, philosophy, principles, aims and objectives of Extension Education
Project and non projected aids and its utility in teaching and learning.

B.Sc. Home Science
Department of Home Science, Banaras Hindu University
DISTRIBUTION OF DIFFERENT COURSES AND CREDITS IN VARIOUS SEMESTERS

<i>Semester - I</i>		Credits
Course Code	Title	
HSB101	(A) Introduction to Foods (Credit - 2), and (B) Human Development (Credit - 2)	4
HSB102	Practicals based on course HSB101	2
Total		6

<i>Semester - II</i>		Credits
Course Code	Title	
HSB201	(A) Introduction to Clothing Textiles, (Credit - 2) and (B) Family Resource Management (Credit - 2)	4
HSB202	Practicals based on course HSB201	2
Total		6

<i>Semester - III</i>		Credits
Course Code	Title	
HSB301 ✓	(A) Home Science Extension Education, (Credit - 2) and (B) Human Nutrition (Credit - 2)	4
HSB302 ✓	Practicals based on course HSB301	2
Total		6

<i>Semester - IV</i>		Credits
Course Code	Title	
HSB401	(A) Interior Design, (Credit - 2) and (B) Clothing Construction (Credit - 2)	4
HSB402	Practicals based on course HSB401	2
Total		6

<i>Semester - V</i>		Credits
Course Code	Title	
HSB501 ✓	Home Science Extension Education and Rural Development	
HSB502	Consumer Economics	
HSB503	Fundamental of Human Development	
HSB504	Diet Therapy I	
HSB505	Fashion Designing	
HSB506 ✓	Practicals based on course HSB501 & HSB502	
HSB507	Practicals based on course HSB504	
HSB508	Practicals based on course HSB505	
Total		

Semester - VI

its	HSB601	Advanced Home Science Extension and Communication	3
1	HSB602	Diet Therapy II	3
	HSB603	Advanced Human Development	3
2	HSB604	Consumer and Business Legislation	3
6	HSB605	Statistics and Research Methods (Elective)	4
	HSB606	<i>Practicals based on course HSB601</i>	2
4	HSB607	<i>Practicals based on course HSB602</i>	2
	HSB608	<i>Practicals based on course HSB603</i>	2
2		Total	22
6		Grand Total	68

SEMESTER - II

Paper - II

HSB201: INTRODUCTION TO CLOTHING TEXTILES AND FAMILY RESOURCE MANAGEMENT

(Credit 4)

(Credit 2)

Section A: INTRODUCTION TO CLOTHING TEXTILES

Introduction: Concepts and classification of textile fibres: Natural fibres: Cotton, flax, jute, hemp, ramie, silk, wool, asbestos, mineral fibres (structure, properties and formation). Man made fibres: Rayon, acetate, nylon, polyester, acrylic and glass fibres. Blends and mixture.

Yarn: Classification; Simple yarn, complex yarn, fancy yarn, spun yarn, filament yarn. Twist, crimp, numbering system, tex, denier, count. Methods of fabric formation.

Weaving: Introduction to weaving, Loom, its parts and working, Basic weaves and its derivatives, Fabric construction, Non woven fabric construction; felts and non woven. Knitted fabric; Warp knitting, weft knitted & circular knitting.

Fabric finishes: Processes of removing impurities from fabric; scouring, degumming, carbonizing, finishes that alter texture; felting, singeing, stiffening, decatizing. Surface finishes; Bleaching- Classification and application of bleaches to various fibres & fabric, delustering, calendaring, beetling, napping, flocking, burn design, tentering, shearing and brushing.

Functional finishes - water proofing, water repellent, shrinkage control, flame retardation, mildew proof, proof, antibacterial, anti-static.

Dyes and Dyeing: Classification of dyes & their applicability; Natural and synthetic dyes; Direct dye, acid dye, basic dye, Vat dye, sulphur dye, azoic dye, mordant dye, disperse dye, reactive dye, pigments. Stages of dyeing, fiber, yarn and fabric, Colour fastness of fabric for washing, perspiration & light.

Printing: Hand printing methods; block printing, stencil, screen printing, spray printing, tie & dye, batik printing. Machine printing; roller, screen printing, heat transfer printing, flock printing.

Laundry: Introduction to laundry process, materials and equipments in laundry.

Hard and soft water; Temporary and permanent hardness, methods of softening water, chelating agents, sequestering agents. Soap and detergents; Definition, chemical nature, manufacturing, properties and action. Additives used in laundry; optical brightener, bluing agent. Starches, stiffening and softeners. of laundering; Hand washing methods, washing machine.

Dry cleaning & Label. Disinfections of clothes.

Stain removal: Classification of stains, principles of removal, types of stain removers, techniques of Care & Storage of apparel and household linen.

Traditional Embroidery: Types & techniques, traditional embroidery of India, Kashida of Kashmir, Kantha of Bengal, Kasuti of Karnataka, Embroidery of Kutch & Kathiavar, Phulkari of Punjab, Chikankari of Lucknow, Manipuri Embroidery, Chamba Rumal, Quilting of Bihar, Orissa. Value addition of embroidery with respect to entrepreneurship)

Section B: FAMILY RESOURCE MANAGEMENT

Management as a discipline and Science: Interdisciplinary nature of management, Stages of management, Classical Organization Theory, Behavioral theory, Qualitative. Relevance to family resource management. Meaning, Nature and scope. Management Abilities; Principles of Management:- Technical, Conceptual, Process of Management & functions; Planning, controlling and Evaluation. Motivation for Management. Values, goals & standards. Decision Making; Meaning, Types of decision, Mode of decision making, benefit analysis, Decision tree

Resources: Type of Resources. Classification and Characteristics of Resources; National & international resources, material, economic & non-economic. Principles in the use of resources; Scarcity utility, accessibility, transferability, substitution, reverse & investment, exchange linkage. Management of Resources. Energy Management, Time as a resource, time orientation and perception, planning & using time effectively. Energy as resource; Identifying energy resources and factor affecting energy consumption, simplification

Financial Management: Money as a resource in economic welfare; Planning, Family life cycle, money, Budget ; Types, steps, advantages and disadvantages, Income; Productive income, hidden income, Savings & Capital Investment; Objective, types of saving & investment; Schemes, Credit; Types, sources, rural, urban use of credit and credit instrument to increase income in urban or rural households.

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HSB202:

Part A: I

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Part B:

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Concept of Ergonomics: Scope of Ergonomics in Home and other occupation, nature of work in household and other occupations.

Introduction to foundation of art: Elements of design; Line, Size, Form, Structure, Space, Pattern, Shape, Light, characteristics & classifications

- 1) Designs: Definition & types of structural & decorative, Principles of design; Definition & their characteristics & types, Balance, Harmony, Scale, Proportion, Rhythm, Emphasis, Study of Colours; Classification dimensions, colour schemes & effect

PRACTICALS

HSB202: INTRODUCTION TO CLOTHING TEXTILES AND FAMILY RESOURCE MANAGEMENT

(Credit 2)

Part A: Introduction to Clothing Textiles

1. Identification of fibres – Visual inspection, burning, microscopic and solubility test.
2. Identification of yarns.
3. Demonstration on part of looms & motion of loom.
4. Preparation of basic weaves sample.
5. Warp and weft yarn counting in fabric.
6. Identification of fabric finishes and collection of samples.
7. Dyeing of cotton, wool & silk with natural & synthetic dyes i.e. Direct, naphthol, acid, reactive etc.
8. Preparation of sample by Tie & Dye Techniques & Batik.
9. Preparation of samples by Block printing, Stencil printing, screen printing & spray printing.-
10. Bleaching, whitening & starching.
11. Stain removal.
12. Laundry of cotton, silk, wool & synthetic.
13. Making samples by using contemporary embroidery & samples of traditional embroidery.
14. Visit to weaving centre & any one museum.

Part B: Family Resource Management

1. Preparation of colour wheel & colour scheme
2. Flower arrangement/Different areas
3. Study of elements of arts
4. Study of principles of design
5. Study of various types of cheques and sawing schemes
6. Work simplification techniques

Suggested readings:

1. Dulekar Durga (1976) : Household Textiles & Laundry Work, Delhi, Atmaram & Sons
2. flag o'Unk % oL= foKku ,oa ifj/!ku
3. lkfo=h iaMr ,oa 'k'kdyk 'k'kans] Hkkjrh; d'khnkdjkjh] xksfoUn oYyHk iar d'f'k ,oa izkS|ksfxd fo'ofolkj;] iaruxj
4. Hallen & Saddler, Textiles, Macmillan Company, New York.
5. Nickell and Dorsey, 1976. Management in Family Living (4th Ed.) Wiley Eastern Limited, New Delhi
6. Gross, Crandall & Knoll, 1980, Management for Modern Families, Prentice – Hall, Inc. Englewood cliffs, New Jersey
7. Grossack, I.M. & Martin, D.D. (1980) : Managerial Economics, Little Brawn & Co.
8. Adhikari, M. (1978). Economic Environment of Business, Sultan Chand
9. Shukul & Gandotra: Home Management and Family Finance
10. डॉ. मंजू पाटनी : गृह प्रबंध
11. डॉ. मंजू पाटनी : आवास गृह सज्जा एवं घरेलू उपकरण
12. करुणा शर्मा : आवास एवं आंतरिक सज्जा
13. डॉ. रीना खनूजा : गृह प्रबंध, साधन व्यवस्था एवं आंतरिक सज्जा
14. डॉ. जी पी शंरी : गृह व्यवस्था एवं गृह कला

SEMESTER - III

Paper - III

HSB301: HOME SCIENCE EXTENSION EDUCATION AND HUMAN NUTRITION (Credit 4)

Section A: HOME SCIENCE EXTENSION EDUCATION (Credit 2)

Extension Education: Concept, meaning, philosophy, principles, aims & objectives of extension education. Brief History of extension activities in India (present and past Independence), Extension Teaching Methods, Difference between formal & extension education, Steps in extension teaching

Classification of extension teaching methods according to different criterias; according to use, form & nature, function, steps in extension teaching, Learning Objectives, Innovation Decision Process, Adoption process, Adopter's Category, Combined use of extension teaching methods (purpose, significance & types of combinations), Types of demonstrations (method, result & combined demonstration), Group Discussion, Campaign, Teaching Through Village Leaders, Criteria for Selection of Extension Teaching Methods, Factors affecting Extension Teaching Methods. Traditional Folk programmes, Educational Psychology & its application to extension education, Concept, meaning & aim of education psychology. Relationship between educational psychology & extension education, Objective and contribution of Psychology. Intelligence, emotions & motivation (concept, related Theories, types, importance, use in extension teaching), Psychology of Learning; Definition, meaning & concept of Teaching, Principles of Teaching; Qualities of a good Teacher, Guidelines for the teacher, Teaching plan (method of preparation, essentials & precautions), Teacher evaluation (concept & criterias), Some psychological terms & their definition; Attention & Perception, Thinking, Conflicts. Psychological barriers, Propaganda

Communication: Concept of communication - meaning, functions, problems & barriers, Elements of communication process, Communication media - meaning, classification, advantages & limitations, Importance of communication in extension work, Communication Models, Functions of Communication, Communication Channels, Communicator - Communicate relationships; Orientation, Empathy, Feedback, Physical Interdependence, Credibility, Interaction, Homophily, Heterophily, Feedback in communication & role of feedback in Extension Education, Communication and extension approaches; Individual approach, Group approach, Mass approach.

H.Sc. Extension: Concept, meaning of H.Sc. extension, History of H.Sc. extension education, History of H.Sc. extension education in India.

(Credit 2)

Section B: HUMAN NUTRITION

Concept of Nutrition: Relation of nutrition to health, optimum nutrition, adequate nutrition, malnutrition, growth of the Science of nutrition with particular reference of India. Composition of human body, structure and functions of digestive organs, excretion of waste products, study of urine, sweat and faeces, blood body fluids and hormones, Microscopic study of stomach, tissues of human body, digestion absorption and metabolism of foods. Brief history of Nutritional Science, Scope of Nutrition. Minimal Nutritional requirements & RDA - Formation of RDA and Dietary guidelines - Reference Man and Reference Woman. Human Body Composition and Changes through the life cycle. Energy in Human Nutrition - Energy Balance, Assessment of Energy Requirements, Deficiency & Excess.

Introduction to Biochemistry - Definition, objectives, scope

Carbohydrates: Definition, classification, structure and properties, Digestion and Absorption, Blood glucose and effect of different carbohydrates on blood glucose, Glycemic Index, Significance of Dietary Fibre.

Proteins - Definition, classification, structure & properties of : amino acids - Essential & non-essential & proteins : Assessment of protein quality (BV, PER, NPU), Protein Energy Malnutrition (PEM).

Lipids - Definition and classification, structure, properties, significance of acid value, iodine value and saponification value, Digestion & absorption.

Vitamins: Fat soluble and Water soluble Physiological role, bioavailability, requirements, sources, deficiency and excess.

Minerals & Trace Elements - Physiological role, bio-availability and requirements, sources, deficiency and excess (Calcium, Phosphorus, Magnesium, Iron, Fluoride, Zinc, Selenium, Iodine, Chromium).

Water & Electrolyte: Functions, Requirements.

Enzymes: Definition, Types & Classification of Enzymes

Community Nutrition: Community Nutrition or a field; Public Health Nutrition, Goals for Nutrition programmes. planning, implementation and evaluation of nutrition education programme, food fads & food

bits. Introduction to national nutrition programmes & policies, Integrated Child Development Services (ICDS); National Rural Development Programme (NRDP); National Rural Employment Programme (NREP); Miscellaneous monofocal programmes. Role of international agencies and programmes in community nutrition; Food & Agriculture Organization (FAO); World Health Organization (WHO); United Nations Children's Fund (UNICEF); Other voluntary & government agencies. Direct nutritional assessment of human groups; Nutritional anthropometry; Biochemical tests; biophysical tests; clinical signs; individual nutrient deficiencies. Diet Survey methods at national, institutional, family and individual level. Indirect nutritional assessment of human groups : Indicators and their use; health policy indicators; social and economic indicators, indicators of the provision of health care; coverage by primary health care; basic health status indicators.

PRACTICAL

ISB302: HOME SCIENCE EXTENSION EDUCATION AND HUMAN NUTRITION

(Credits 2)

Part A:- Home Science Extension Education

1. Preparation and use of following aids; Circular letter, Leaflet and Pamphlet, News paper, Flash cards, Poster, Chart.
2. Visiting Exhibition/media in community and preparation of report.
3. To get familiar with use and care of projected aids.

Part B:- Human Nutrition

1. Preparation of dishes rich in : Energy, protein, fat, fiber, calcium, iron, vitamin A, vitamin C, thiamine, riboflavin and niacin.
2. Reaction of mono, Di and polysaccharides and their identification in unknown mixtures, Iodine test for cooked and uncooked starch & dextrin.
3. Reactions of different types of fats (saponification and iodine value)
4. Reactions of proteins
5. Study of microscopic structure of tissues, liver, kidney, stomach, intestine, blood
6. Evaluation of nutritional status : By Anthropometry survey, Dietary survey
7. Other determinants of family nutrition : Socio-economic status survey, using SES scale, Weaving practices, Immunization practices, Sanitary practices.
8. Dietary practices, fads and fallacies during illness, pregnancy, lactation and other special conditions.
9. Assessment of nutritional status using above criteria in a community set up and report writing.

Suggested readings:

1. Reddy A, Extension Education, Bapatia, India, Shree Laxmi Press
2. Pillai K.S., ABC of Non-formal Education, ITB Indraprastha Estate, New Delhi, India Adult Education Association
3. Dhama O.P. & Bhatnagar O.P., Education & Communication for Development, Oxford & I.B.H. Publishing Co. Pvt. Ltd., New Delhi
4. Sampath K., Pannirselvam A., Santhanam S., Introduction to Educational Technology, New Delhi, Sterling Publishers
5. Swaminathan M. (1985) : Essentials of Food and Nutrition, Vols. I & II, Ganesh & Co., Madras
6. Indian Council of Medical Research (1989) : Recommended Dietary Intakes for Indians
7. Indian Standards Institution (1985) : ISI Handbook of Food Analysis, Parts I to XI, Manak Bhawan, New Delhi
8. Sundararaj P and Siddhu A. (1995) : Quantitative tests and Quantitative procedures in Bio-chemistry - A practical manual, Wheeler Publishing
9. Lehninger A:K., Nelson D.L. and Cox M.M. (1993). 2nd Ed. Principles of Biochemistry, CBS Publishers and Distributors
10. Guyton A.C., Hall J.E. (1996) : Textbook of Medical Physiology, 9th Ed. Prism Books (Pvt.) Ltd., Bangalore
11. Obert J.C. (1986) Community Nutrition, 2nd Edition, MacMillan Publishing Co., New York

USB401: INTERIOR DESIGN AND CLOTHING CONSTRUCTION

Section A: INTERIOR DESIGN

Housing: Family's Housing Needs, Protective, economic, affectional, social standard of living, housing goal style, function, occupation, Factors influencing selection and purchase of site for house building, Legal aspect location, physical features, soil conditions, cost, services. House Planning, Reading house plans Grouping rooms, orientation, circulation, flexibility, privacy, spaciousness, services, aesthetics, economy light & ventilation

Planning different rooms: Living room, dining room, bedrooms, kitchen, store room, toilet, passage, staircase Financial Consideration, Availability of funds for housing, Housing Development Finance Corporation Cooperative Housing Society, Life Insurance Corporation, Cooperative Banks, Loan from Provident Fund Finance Corporation of India, Residential structural features of architecture

Foundations, footing, plinth, beams, columns, walls, slabs, floor, ceiling, window, doors, staircase, Types building materials and its characteristics & uses, Gardening plan & indoor gardening, State & Central Housing Scheme; National Housing Policy, Urban Land (Ceiling & Regulation) Act, 1976, Rent Control Act and City Policies & Programmes, Housing problems, causes and remedial measures, Housing Standards & Legislation

Interior Planning & Decoration: Introduction to interior planning & decorations

Application of elements and principles of design in interior planning and decoration, Furniture; Furniture design based on anthropometric dimensions

Styles of furniture; Traditional, contemporary and modern, Selection of furniture for comfort, rest & relaxation for work, for storage, Arrangement of furniture for living, sleeping, dining and multipurpose rooms, Upholstery furniture materials, techniques and designs, Furnishing Fabrics, Types of curtains: Draperies, floor covering rugs and carpets, cushion covers, slip covers, bed linen and table linen

Selection and use, Functional & decorative accessories for interiors, painting, sculpture, pots etc., Lighting interior; Lighting plans for illumination and special effects, Lighting sources; Developing a lighting plan for different areas, Kitchen Modular Design; Types of kitchen, Kitchen Geometry; Work height of different work areas and storage areas, space dimensions of different work centres and work areas, Materials; Floor, wall, sink, ceiling and its characteristics, platforms, storage etc., Types of finishes, Essential services needed in kitchen,

Water supply, Hot & cold, tap fittings, water purifiers, Electricity services; electricity current, air purifier, MCBs, fuses, exhaust, Drainage services; Waste water drainage system, waste disposal, cleaning agents & equipment

Light: Introduction to light, properties of light, velocity of light. To study the different type household equipments (mixer grinder, electric iron, toaster, geyser, water heater, washing machine and microwave)

Cleaning and care of different materials; Metal, glass, wood, paints, upholstery, floor & floor coverings.

(Credit 2)

Section B: CLOTHING CONSTRUCTION

Traditional textiles and costumes of India, Dyed & Printed textiles of India; Kalamkari, Patola, Pochampattu, Ikat of Orissa, Tie & Dye of Tamil Nadu, Woven Textiles of India; Brocades, Shawals of Kashmir, Muslin Bengal, Silk of Karnataka, Cotton of Kerala, Woven sarees of different states of India, Traditional Costume of India; Costumes of Men & Women & Traditional marriage costumes of different states of India (Detail: types, silhouettes, Sewing equipments and other tools required for drafting, cutting, stitching, sewing machine Part of machine, their use, care & remedy, Body measurement; Anthropometric measures and method of taking body measurement for different garment, General construction techniques for garment; Drafting, folding, out, marking and cutting of pattern pieces, Essentials of Children's Clothing, Importance of Clothing Psychological effect of clothing on children, Effect of clothes and child's growth, Sociological & Psychological aspects of clothing, Drafting of Jhabla, Baby frock, plain frock, shirt, trouser.

Pattern Making: Techniques of flat pattern making, Principles and application of flat pattern for different styles of bodices, skirt and sleeves, slash & spread method. Fabrics for garment making; Handling of different types of fabrics, selection of fabric for different garment, study of texture, surface, colour in relation to garment design, material required for different garment. Sources of inspiration for apparel designing fashion and current fashion trends.

Seams: Types of seam, seam finishes (Darts, Tucks, Pleats, Gather, Yokes, Pockets, Collars, Loops & fastenings, Trimmings, Stay Stitching, Lining, Neckline, Interlining, Top Stitching, Facing, Interfacing), Sewing supplies

PRACTICAL

(Credits 2)

4)
2) HSB402: INTERIOR DESIGN AND CLOTHING CONSTRUCTION

Part A :- Interior Designing

Learning architectural symbols

Drawing of house plans for different income levels

Planning of different kitchen layouts (considering various kitchen sizes)

Study of furniture detailing

Furniture layout for different rooms & drawing of designs

Interior design for small flat/large residential space/different rooms

Visit to hotels, restaurant, conference hall to study interior designing pattern (any one)

Part B:- Clothing Construction

Visit to museum & report writing on traditional textiles of India.

Group Discussion on traditional costumes of India.

Illustration of different garment on Silhouette.

Preparation of Bodice block, adult.

Drafting of sleeves basic & variation.

Drafting of collar & its variation

Construction of frocks, trouser, shirt.

Preparation of samples of seams dart, tucks, pleats, pockets, collars, loops, fastener.

Sketching of designs of variation in frocks.

Suggested readings:

1. Cherunilam, Frances & Heggade, Odeyan; D (1987) : Housing in India, Bombay, Himalaya Publishing House
2. Again Tessie (1970) : The House : Its Plan & use, New York, J.B. Lippincott Co.
3. Deshpande R.S. (1980) : Modern Ideal Homes for India (9th Ed), Smt. L.S.Deshpande for Deshpande Publications Trust
4. Deshpande R.S. (1980) : Building your own House, United Book Corporation
5. National Building Organization – Monograph of Housing Statistics
6. Ball Victoria Kloss (1982) : Art of Interior Design, John Wiley & Sons
7. Ruth Morton : The Home and its furnishings, U.S.A. McGraw-Hill, 1953
8. Complete Guide to Sewing, The Reader's Digest Association, Inc., Pleasantville, New York/Montreal, Canada
9. Pandit Savitri, Manual for Children's Clothing, Orient Longman Limited, Bombay
10. Zarakkar K.R. : Zarakkar System of Cutting, Bombay
11. Doongaji (1975) : Basic Process & Clothing Construction, New Delhi, Raj Book Dep.
12. Brij Bhushan. Jamila : The Crafts of Weavers, The Costumes & Textiles of India, D.E. Tarapore Valla Sons & Co.
13. Gandotra & Patel: Housing for Family Living
14. डॉ. मजू पाटनी : गृह प्रबंध
15. डॉ. मजू पाटनी : आवास गृह सज्जा एवं घरेलू उपकरण
15. कर्नुना शर्मा : आवास एवं आंतरिक सज्जा
16. डॉ. रीना खनूजा : गृह प्रबंध साधन व्यवस्था एवं आंतरिक सज्जा
17. डॉ. जी पी. शैरी : गृह व्यवस्था एवं गृह कला

Community Development: Meaning, objectives, organization of Community Development. Scope of Community Development Programme Types of Community Development Programme: Various community development programmes, Govt. sponsored programmes for family development, DWCPA, IRDP, NREP, RLEGP, TRYSEM etc. (source of funding), Panchayati Raj & Democratic Decentralization, Concept & evolution of Panchayati Raj, Organization of Panchayati Raj Institutions, Functions & Importance of Panchayat in rural development, Five Year Plans, Concept & evolution of Five Year Plans. Major contribution of Five Year Plans in rural development, Leadership Development, Concept & definition of leader & leadership, Types of leaders; Principles of democratic leadership, Personality Dynamics of leader, Functions of a leader, Factors determining effectiveness of leader, Role of leader in group mobilization, Gender and Development, Concept of development, Indicators for development, Women as a partner in the developmental process & national planning, Approaches of Development, Shifts from welfare approach to development & empowerment approaches, National efforts for Development of Women; National Policy on Women, Role of National Commission for Women

Rural Sociology: Concept, meaning, definition of Rural Sociology, Nature & scope of Rural Sociology, Rural Sociology in India; Origin & development, Importance of Rural Sociology in India, Subject matter of Rural Sociology, Study methods of Rural Sociology, Functions & utility of rural Sociology, Rural Social System, Indian Village (meaning & concept), Characteristics of Rural Society, Rural and Urban life, Rural Social Problems, Indian rural social structure, Rural development and programme; Integrated Rural Development Programme, Rural Reconstruction & Planning

Suggested readings:

1. Patnayak Rama, Rural Development in India, New Delhi, Vikas Publishing House Pvt. Ltd.
2. Thingalaya N.K., Rural India - Real India, Bombay, Himalaya Publishing House
3. Indian Journal of Extension Education, The Indian Society of Extension Education, Division of Agricultural Extension, IARI, New Delhi - 110012
4. Desai, Vasanth, Rural Development Programme & Strategies, Bombay, Himalaya Publishing House

Family organization : Family as a basic institution, Structure of Indian Families-urban and Rural family
Family as an economic family, family and society.

Consumer Economics: Definition, usefulness and importance of the subject. Survey of living standards of a given group.

Standards: Principle of family's standard of living. Concept of standard of living method to raise standard living.

Human wants & Utility of commodities: Factors governing wants. Theory of wants, classification of wants
Principles of substitution of relation, utility-law of diminishing marginal utility. The principle of equimarginal utility as the object of household expenditure, consumers, surplus.

Family Finance: Type of income-money, real, psychic

1. Sources of money income wages and salaries, Profit. Interest and Rent. Transfer Payments. Royalty Gifts.
2. Sources of real income. Money spent in exchange economy. Household production. Free goods services.
3. Regular and irregular income. Substitutions of other resources for money. Methods of handling income in families.

Expenditure: Family budget its main items, Engle's law of consumption, kinds of household consumption.

Market: Recognition, type of markets functions distribution, role of consumer in market. Price determination under monopoly and competition. Rationing and price control.

Price of Commodities: Fundamental ideas. Fixation of price. Price as a guide to quality. The role of consumer in increase and decrease of prices. Causes of inflation-role of consumer in influencing inflation.

Market, Supply & demand: Market Schedule, law of demand elasticity of demand.

Types of advertising: Newspaper, magazines direct advertising, radio and television, Outdoor advertising; Advantages & disadvantages of each.

Entrepreneurship: Concept and frame work, features, classification of entrepreneurship, entrepreneurship theories, contribution of entrepreneurship and economic development.

Suggested readings:

1. Gordon Lee (1972), Economics for Consumers, D. Van Nostrand Company, New York
2. Singh Gurbax (Comp) (1990) : Law of Consumer Protection, Jaipur, Bharat Law Publishers
3. Kewal Krishan Dewett & Adarsh Chand (1981) : Modern Economic Theory, 12th Ed., Shyamal Charitable Trust
4. Gupta B.D. (1973), Consumption Pattern in India, Tata McGraw Hill
5. Smt. B. K. Bakhshi: Consumer Economics (Hindi)
6. Dr. Tripathi: Consumer Economics (Hindi)
7. Dr. Naresh Tripathi: Consumer Economics (Hindi)
8. Dr. Dubey and Sinha: Consumer Economics (Hindi)
9. Smt. B. K. Bakshi: Consumer Economics (Hindi)
10. Dr. Tripathi: Consumer Economics (Hindi)

PRACTICAL

HSB506

(BASED ON HSB501 AND HSB502)

(Credit 3)

Part A: HOME SCIENCE EXTENSION EDUCATION AND RURAL DEVELOPMENT

Visit to a village to gain knowledge through standard questionnaire about;

(a) The Rural Society

(b) The Gram Panchayat, Regional Committee at block level and their functioning.

To know about different programmes running for rural development and interaction with villagers.

Observation of development programmes running in the village and interaction with villagers and personnel of implementing agency.

Educational tour to institutions related to the course.

Part B: CONSUMER ECONOMICS

Study of merits and demerits of nuclear family and joint family.

Impact of advertising on consumer buying on children and women/ society.

Collection of various advertisements and classification by identifying intended consumer appeal.

Make a list of sources of income in your family. Draw up a personal budget.

Assignments- Assign projects to the students to present new idea of entrepreneurship.

Paper - III

HSB503: FUNDAMENTAL OF HUMAN DEVELOPMENT

(Credit 3)

Methods of studying Human Development: (case study interview, naturalistic observation and laboratory observation). Experimental methods. Data collection methods (cross sectional and longitudinal and sequential studies). Ethics of Research (ethical issues and standards).

Introduction to theories of Human Development: Piaget's theory of Cognitive Development. Psychosexual theory of Sigmund Freud (Defense Mechanisms, stages of Psychosexual development, Id, ego and super ego). Psychosocial theory of Erik Erikson. Traditional learning theories (Pavlov, Watson and Skinner). Social learning theory (Bandura). Kohlberg's Theory of Moral Development. Theories of language acquisition.

Maslow's self actualization Theory, Attachment theory of Bowlby, The psychology of behaviour process of concept formation, reasoning and thinking, Imagination, creativity, memory, reinforcement and memory, Intelligence Motivation and Learning

Early Childhood Education and Management: Meaning, importance and origin in India, objectives of Principle of ECCE, philosophy of Early Childhood education (Pre-basic Education of Comenius, Maria Montessori, Giju Bhai Vadika, Frobel) Early childhood education centers: Infrastructure and Administration Staff building and Equipment, record keeping, parent teachers meeting, Curriculum for ECCE, some Importance of Science, nature, music, role plays and stories in ECCE programme, Understanding and guiding children.

Child Guidance & Counseling: Meaning, nature, scope & objectives of child guidance & counseling, principals of Guidance & Counseling, types of Guidance & Counseling, Educational, Vocational, Occupational Personal and Behavioural, pre-marital and marital counseling, different stages of guidance and counseling, of counselor, ethics of guidance and counseling.

Assignment on any one topic selected from theory course and presentation of the same. (For theory sessional only)

Suggested readings:

1. Gangrae K.D. (1971), Community Organization in India, Popular Prakashan, New Delhi
2. State of World Children, UNICEF, Annual Publication
3. Parakesh B.S. (1985), Population Education - Inception to Institutionalization, NCERT, New Delhi
4. Bernard H.W. & Fullner D.W., Principles of Guidance, Bombay, Allied Publishers
5. Verma Hildebrand (1985) Guiding Young Children, New York, MacMillan Publishing Company
6. Hallan D.P. & Kauffman T.M. (1991), Introduction to Exceptional Children (5th Ed.), Boston, Allyn Bacon

Paper - IV

(Credit)

HSB504: DIET THERAPY I

Basic concepts of diet therapy: Therapeutic adaptations of normal diet, principles and classification of therapeutic diets. Team approach to health care. Assessment of patient's needs. Routine Hospital Diets: Regular, light, soft, fluid, parenteral and enteral feeding.

Energy modifications and nutritional care for weight management, Identifying the overweight and underweight, etiological factors contributing to obesity, prevention and treatment, low energy diets, balanced energy reduction. Underweight; Aetiology and assessment, high energy diets for weight gain, anorexia nervosa, bulimia, Diets for Febrile conditions, infections and surgical conditions

Etiological factors, symptoms, diagnostic tests and management of GI tract disease - Diseases of oesophagus, gastric and duodenal ulcers, diarrhoea, steatorrhoea, diverticular disease, inflammatory Bowel Disease, Ulcerative Colitis. Flatulence, Constipation, Irritable Bowel Syndrome, Hemorrhoids, Celiac sprue, Tropical sprue. Nutritional Anemias, Sickle cell Anemias. Viral Hepatitis, Cirrhosis of Liver, Hepatic Encephalopathy, Wilson's disease. Dietary care and management in diseases of Gall Bladder and pancreas - Cholelithiasis, cholecystitis, cholecystectomy, Pancreatitis etc.

PRACTICAL

(Credit)

HSB507: DIET THERAPY I

Planning and preparation of Normal diet.

High-Risk Management (hospital based) - Nutrition assessment.

Planning and preparation of fluid food preparations.

Clear fluid preparations. Full fluid preparations. Planning and preparation of fluid diet-clear and full fluid diet.

Mechanical, pureed, Planning and Preparation of soft diet.

Planning and preparation of recipes using protein concentrates, sugar substitutes, low fat and low calorie recipes, high fibre recipes, bland diet recipes and diets for the following conditions:

Constipation, malabsorption, syndrome, viral hepatitis, liver disease, Cirrhosis, cholecystitis, nutritional anaemias

Suggested readings:

1. Anderson, L., Dibble, M.V., Turkki, P.R., Mitchall, H.S., and Rynbergin, H.J. (1982): Nutrition in Health and Disease, 17th Ed., J.B. Lippincot & Co. Philadelphia.
2. Antia, F.P. (1973): Clinical Dietetics and Nutrition, Second Edition, Oxford University Press, Delhi
3. Mahan, L.K., Arlin, M.T., (1992): Krause's food, Nutrition and Diet Therapy, 8th Ed. W.B. Saunders Company, London.
4. Robinson, C.H., Lawler, M.R., Chenoweth, W.L. and Garwich, A.E. (1986): Normal and Therapeutic Nutrition, 17th Ed., Macmillan Publishing Co.
5. Williams, S.R. (1989): Nutrition and Diet Therapy, 6th Ed. Times Mirror/Mosby College Publishing, St. Louis.
6. Raheena, Begum (1989): A textbook of foods, nutrition and dietetics. Sterling Publishers, New Delhi.
7. Joshi, S.A.(1992): Nutrition and Dietetics, Tata Mcgraw Hill Publications, New Delhi.

Paper - V

(Credit 3)

HSB505: FASHION DESIGNING

I. Pattern making:

- i. Techniques of flat pattern - principles and application of flat pattern for different styles
- ii. Introduction to draping & draping of bodice block or dress form Developing paper pattern, pattern envelop, guide sheet and understanding the commercial paper pattern
- iii. Fitting; Factors affecting good fit, problems and remedies Dart manipulation
- iv. Principles of figure drawing & sketching of body features, block figure. Drawing the form with different angles, Front, side, back
- v. Drafting and stitching of salwar, kurta, blouse, petticoat, night suit (any three)
- vi. Dart-manipulation
- vii. Component of fashion; Silhouttee, details, colour, fabric, texture, seams, trims.
- viii. Study of Fashion Terminology, concept, fashion cycle
- ix. Fashion forecasting
- x. Portfolio development
- xi. Detailed study of Industrial machine & equipments used for Cutting, Sewing, Finishing, Embellishment.

PRACTICAL

(Credit 2)

HSB508: FASHION DESIGNING

1. Preparation of bodice block
2. Preparation of patterns by draping
3. Preparation of patterns by flat pattern
4. Dart manipulation
5. Preparation of block figures.
6. Sketching of fashion figures with different angles
7. Sketching of fashion figure & designing of garments using fashion components
8. Portfolio development
9. Study of industrial machine and equipments related to sewing, cutting and finishing
10. Preparation of two designer garments

Suggested readings:

1. Armstrong, Helen Joseph : Pattern making for Fashion Design, Harper Collins Publishers, New York
2. Bane A. : Flat Pattern Design. Mcgraw Hill
3. Goldsworthy, M. : Simple Dress-making, London, Mills & Boon Ltd
4. Allen, Anne & Seaman, Julian : Fashion Drawing, Basic Principles B.T. Batsford, London

HSB601: ADVANCED HOME SCIENCE EXTENSION
AND COMMUNICATION

(Credit 3)

Adult Education (A.E.): Formal, non-formal & Informal system of education, Concept, background, meaning & definition of A.E., Aim & objectives and goals of A.E., Role of Adult education in National Development. History of adult education in Post-Independent India; Gram Shiksha Mahin, Farmer's functional liter project, Non-formal education for youth (NAEY), National adult education programme (NALP), State education programme (SAEP), Adult education through voluntary agencies, National Literacy Mission (Achievement & Problems), Literacy scenario of nation, state, district & local areas. Choice of language literacy, dialects Vs standard.

Community participation in A.E.: Training for Development, Concept, meaning & types of training Institutional, Interactive, Participatory, Various Training Approaches; Creativity Training, Field Training Group dynamics, Laboratory Training, Motivation Training, Self-awareness & self development, Technique Training including RRA, PRA.

Genesis & growth of Folk and Electronic media in India: Types of folk media, folk music & dances, theatre & its educational value, role of puppetry & different types of puppets, importance of folk media development context & criteria for selection of folk media. Concept, meaning & role of electronic media various forms of electronic media (broadcast media, T.V., film media), their development in India, Types of programmes, their use in extension work, feedback mechanism for all types of electronic media.

Advertisement and Visual Publicity: Meaning, importance & role of visual communication and print media type of printing (Design & layout), press & public relations, law related to press, agencies governing regulation & ensuring freedom of press, concept & meaning of graphic art, editorials, principles of editing. Advertising a mass communication process, Need for advertising communication, economic & social effect of advertising. Types of advertising media; print media, broadcast media, outdoor advertisement (hoardings, posters, bill board, bulletin board, electronic signs, litterbins, aerial methods, wall magazines), transportation media (on vehicles), exhibitions & trade fairs, non-media advertising, Techniques of Advertising; choosing content, layout & design, media planning, Ethics in Advertising, Programme Planning, Meaning, need & principles, Steps programme planning, Criteria for good programme planning, Execution, monitoring & evaluation of extension programme

Project Planning & Management: Meaning & concept of project, Components of project management system Steps for designing the project, Proposal writing, Cost estimation & financial management, Fund raising.

PRACTICAL

HSB606: ADVANCED HOME SCIENCE EXTENSION
AND COMMUNICATION

(Credit 3)

1. Plan a programme keeping in mind the steps of Programme Planning.
2. Proposal writing
3. Organizing a Fair/Meet/Exhibition.
4. Excursion Tour

Suggested readings:

1. McGivney, Veronica & Murray, Frances : Adult Education in Development – Methods & Approaches for Changing Societies, 19 B, De Montfort Street Leicester LE, U.K. National Institute of Adult Continuing Education
2. Lynton Rolf P. & Pareek Uday, Training for Development Homewood, Iwrois, Dorsey Press
3. Jain R, Mass Media & Rural Development, Vol. II, New Delhi, Mank Publication Pvt. Ltd

Paper - II

HSB602: DIET THERAPY II

(Credit 3)

Diabetes Mellitus: Classification, Symptoms, diagnosis, Insulin therapy, Oral hypoglycemic agents, Monitoring at home. Dietary care and nutritional therapy, meal plan (with and without insulin). Special diets, foods, Sweeteners and sugar substitutes. Diabetes in pregnancy, elderly, surgery, illness. Diabetic coma, reaction. Juvenile Diabetes. Patient education, hypoglycemia.

Diseases of the cardiovascular system; Atherosclerosis. Etiology and risk factors. Hypertension: Etiology, prevalence, nutritional management and prevention. Diet in kidney diseases: Classification, etiology, characteristic symptoms and dietary management in: Glomerulonephritis: Acute and chronic, Nephrotic syndrome, Use of sodium and potassium exchange lists.

Allergies: Definition, symptoms, diagnosis and dietary management. Food selection. Food allergy in infancy.

Cancer: Nutritional and non-nutritional etiological factors.

Surgery, trauma and burns: Physiological changes in relation to trauma. Assessment of the nutritional status in surgical and burns patients. Pre-operative and post-operative nutritional care. Nutritional care in trauma. Nutritional management of burns patients.

Inborn errors of metabolism: Thyroid and parathyroid glands. Gout. Interactions between drugs.

Suggested readings:

1. Anderson, L., Dibble, M.V., Turkki, P.R., Mitchall, H.S., and Rynbergin, H.J. (1982): Nutrition in Health and Disease, 17th Ed., J.B. Lippincot & Co. Philadelphia.
2. Antia, F.P. (1973): Clinical Dietetics and Nutrition, Second Edition, Oxford University Press, Delhi
3. Mahan, L.K., Arlin, M.T., (1992): Krause's food, Nutrition and Diet Therapy, 8th Ed. W.B. Saunders Company, London.
4. Robinson, C.H., Lawler, M.R., Chenoweth, W.L. and Garwich, A.E. (1986): Normal and Therapeutic Nutrition, 17th Ed., Macmillan Publishing Co.
5. Williams, S.R. (1989): Nutrition and Diet Therapy, 6th Ed. Times Mirror/Mosby College Publishing, St. Louis.
6. Raheena, Begum (1989): A textbook of foods, nutrition and dietetics. Sterling Publishers, New Delhi.
7. Joshi, S.A. (1992): Nutrition and Dietetics, Tata Mcgraw Hill Publications, New Delhi.

PRACTICAL

(Credit 2)

HSB607: DIET THERAPY II

1. Review of existing practices in hospitals. Oral supplements indigenous/home based and commercial for stressed patients – burns, surgery, cancer, debilitated patients. Management of patients with feeding problems. Tube feeds – all forms, elemental and parenteral.
2. Planning and preparation of diets. Without Insulin, with insulin, adult and juvenile, diabetes in pregnancy, diabetes and illness.
3. Diseases of Cardiovascular system-
4. Formulation of low cholesterol and low sodium recipes, planning and preparation of diets for hypertension, CHD, congestive heart failure during acute, chronic and convalescent conditions.
5. Protein and mineral modification for patients with renal disease
6. Planning and preparation of diet for glomerulonephritis – acute and chronic, nephritic syndrome, dialysis.
7. Elimination diets for allergy.
8. Low purine diet.
9. Overweight and obesity, underweight, fevers, ulcers, diarrhoeas,

Paper – III

HSB603: ADVANCED HUMAN DEVELOPMENT

(Credit 3)

Family and Child Welfare: Family in India (concept, family composition & structure, changing pattern of family, causes & effects of family disharmony, Implications of family changes). Marital discord, Children's right & National Policy for children. Demographic Profile of child in India. Family & child welfare services working at National & International level (CSWB, ICCW, ICDS, NIPCCD, WHO, UNICEF, CARE). Concept, meaning and coping strategies for violence against women, youth, disabled & others, types of violence. Marriage & Family dynamics, Physiological, social, psychological, financial readiness for marriage, Preparation for Marriage: Selecting a suitable partner. Premarital counseling. Technological advancement and family

Legal Aspects: Laws regarding marriage (Hindu Marriage Act, Muslim Marriage Act, Christian Marriage Act, Special Marriage Act), Divorce, Adoption, Inheritance Dowry) Contemporary issues in family life, dual career families, non-traditional families. influence of extra familial factors-films, TV, peer group, neighbourhood & school on development of children.

Family life education: Meaning, Need, Importance & objectives of Family life education. Determination techniques, fertilization techniques (Amnio centesis, sonography, Gilt, IVF & A.I. Pregnancy management), Need & concept of family planning, contraceptive technology, Planned parenthood-size between children, size of family.

Parent Education: Meaning, Need, Importance & objectives of parent education

Child with Special Needs: Definitions, Terminology, History of studying disability in India & Abroad in Classification & labelling, Mainstreaming, Education and Rehabilitation facilities, Government & government efforts (Schemes for Physically & Mentally Challenged people) Different Type of disabilities- definition, classification, statistics, genetic & environmental, causes, prevention, Rehabilitation facilities. Mental Retardation, Sensory Deficits (Auditory Impairment, Visual Impairment), Learning difficult disability, Cerebral Palsy & orthopaedic disability, Communication disorders, Behavioural disorders

Family Support Services: Meaning, Nature & Scope of Family Support Services, Support Services for children (crèches, day care centers, kishore sadan, observation home & Juvenile Jails). Support Services for Women (Mahila Ashram, Nari Niketan, Govt. Praveshalaya & Shriahalya, Vidhwa Ashrams, Women Study Centre). Support Services for elderly; Old age homes, day care for aged, Support Services for family; Family family guidance centers.

PRACTICAL

HSB608: ADVANCED HUMAN DEVELOPMENT

(Credit)

Visit to various institutions related to special need children.

- val folk;
- Deaf and Dumb school
- Deva Centre

Study of marital adjustment in couples of different time span of marriage

- After 5 year of marriage
- After 20 year of marriage
- After 35 year of marriage

Study of family relationship in different types of families

- Nuclear family
- Joint family
- Extended family
- Working and non-working women
- Single parent family

Suggested readings:

1. Gangrae K.D. (1971), Community Organization in India, Popular Prakashan, New Delhi
2. State of World Children, UNICEF, Annual Publication
3. Parakesh B.S. (1985), Population Education – Inception to Institutionalization, NCERT, New Delhi
4. Bernard H.W. & Fullner D.W., Principles of Guidance, Bombay, Allied Publishers
5. Verma Hildebrand (1985) Guiding Young Children, New York, MacMillan Publishing Company
6. Hallan D.P. & Kauffman T.M. (1991), Introduction to Exceptional Children (5th Ed.), Boston, Allyn & Bacon

Paper – IV

HSB604: CONSUMER AND BUSINESS LEGISLATION

(Credit)

Consumer Protection: Consumer rights, problems of Indian consumers, Legislations protecting interests of consumers, measures to promote consumerism, Consumer Protection Act, 1986 – rights of consumers, objectives, Scope, authorities-councils.

Essential Commodities Act, 1955: Introduction, essential commodities, Powers of Central Government, Seizure and Confiscation, Sale of seized commodities, Penalty provisions in case of contravention.

Contract Act, 1872: Definition, Essentials of a valid contract, kinds of contract, Offer and acceptance, Consideration-concept to consideration, Capacities of parties and contract by a minor.
Sale of Goods Act, 1930: Sales and agreement to sale, Essentials of contract of sale, Subject matters, Conditions and warranties, implies conditions, Shipping documents, Rights of Unpaid seller.
Local Government: Characteristics, importance and advantages; Problems before local government. Powers, Authority and responsibilities of Panchayats, Election to Panchayats; Constitution of Municipalities, Powers, Authorities and responsibility of Municipalities.

Suggested readings:

1. Meena, Malik and Junja: Business Environment, Kalyani Publishers
2. Sharama, Sadana: Public Administration, Kitab Mahal
3. Upadhyay, Sharma & Dayal: Business Environment, Ramesh Book Depo
4. Tulsian, P.C.: Business Law, Tata McGraw Hill
5. Bose Chandra, D: Business Law, PHI Learning Pvt Ltd
6. Kapoor., N.D.: Elements of Mercantile Law, Sultan Chand & Sons

Paper - V

(Credit 4)

HSB605: STATISTICS AND RESEARCH METHODS (Elective)

Elementary Statistics: Nature of investigation, scope, objectives. Sources of data, study tools and Techniques of Research, Frequency distributions, Mean, mode, Median, Probability, Standard deviation, Graphs., Research and Documentation, Different types of research and their application, types all data (Primary and Secondary), methods of data collection, classification and organization of data, editing and coding the data, representation of data diagrammatic and graphic presentation, techniques of construction of diagrams and graphs. Techniques of Research Writing

Seminar- 25 marks

Suggested readings:

1. Bhandarkar, P.L. and Willanson T.S. 2000 Methodology and Techniques of Social Research, Himalaya Publishing House, Mumbai.
2. Bhatnagar, G.L. (1990): Research Methods and Measurements in Behavioural and Social Sciences. Agri. Cole Publishing Academy, New Delhi.
3. Stranss, A. and Corbin, H. (1990): Basis of Qualitative Research: Grounded Theory Procedures and Techniques, Saga Publications, California.
4. चित्र एवं मनोविज्ञान में सांख्यिकी रु गेरट हेनरीई