

H.Sc 77
12/6/2023

The Assistant Registrar (Academic)
C.C.S. University,
Meerut.

Subject:- Submission of the proceedings of Board of Study
(Home Science)

Sir,

With Reference to the letter no:- Committee Cell
(BOS Home Science) 5457 dated 17-05-2023, please
find enclosed with this letter the proceedings
of the Board of Studies (Home Science) held on
19th May 2023.

Yours faithfully,

Sonika
12/06/2023

(Dr. Sonika Choudhary)

Convener - II
Board of Studies (Home Science)
C.C.S. University,
Meerut.

Bindu Sharma
12/6/2023

Dr. Bindu Sharma
Professor
Department of Zoology
C. C. S. University, Meerut
250004 India

CH. CHARAN SINGH UNIVERSITY, MEERUT



Ref.: Committee Cell (BOS-Home Sc.) 5457

Dated: 17-05-2023

A meeting of the Board of Studies (University Campus & Affiliated Colleges) in the subject of Home Science in Chaudhary Charan Singh University Meerut will be held on 19-05-2023 at 8:00 P.M. on the Zoom App. Members are requested to kindly attend the meeting.

Members of Board of Studies in Home Science:-

1. Prof. N.C. Lohani, Dean Faculty of Arts, C.C.S. University, Meerut. (Convener-I)
2. Prof. Jaimala, Dean Faculty of Science, C.C.S. University, Meerut. (Convener-I)
3. Prof. Bindu Sharma, Coordinator, Home Science, C.C.S. University, Meerut.
4. Dr. Sonika Choudhary, Associate Professor, R.G.P.G. College, Meerut. (Convener-II)
5. Dr. (Smt.) Vibha Bhardwaj, A.K.P. Hapur.
6. Prof. Kalpna Gupta, Deptt. of Home Science, Mahila Mahavidyalaya, BHU, Varanshi. (UP) Subject Expert (External).
7. Dr. Archana Sharma (Retd.), R.G. (PG) College, Meerut.
8. Prof. Preeti Kumari, Principal, Sri Dev Suman University, Campus Rishikesh. Subject Expert (External).
9. Dr. Jyoti Tiwari, Professor, Deptt. of Home Science, HNB Garwal University, Uttarakhand. Subject Expert (External)
10. Dr. Smriti Danni, Associate Professor, Deptt. of Home Science, AKP, Hapur.
11. Dr. Shabnam Chhabra, Associate Professor, VMLG, Ghaziabad.
12. Dr. Uma Joshi, Associate Professor, Deptt. of Home Science, V.M.L.G. Ghaziabad.

Copy to:-

1. S.V.C. for kind information of the Hon'ble Vice Chancellor.
2. Steno to the Finance Controller for information of the Finance Officer.
3. H.O.D. concerned/committee cell.
4. Shri Sandeep Aggarwal, SCRIET, to conduct the meeting on Zoom App.

Asstt.Registrar
(Comm.Cell)

Asstt.Registrar
(Comm.Cell)



CHAUDHARY CHARAN SINGH UNIVERSITY MEERUT

Proceedings of Board of Studies meeting in Home Science

With reference to the University letter no Committee Cell (BOS-Home Sc.) 5457 dated 17-05-2023 regarding meeting of Board of Studies in Home Science which was held on 19th May, 2023 at 8:00 p.m in an online mode via a Zoom Meeting.

The link of the meeting was:-

<https://us06web.zoom.us/j/83329397284?pwd=SDI5N25EYm1LNDlrMm5STn1DU3p4UT09>

Meeting ID: 83329397284

Passcode: 269558

The following members were present-

1. Prof. Navin Chandra Lohani, Dean Arts, CCS University, Meerut, Convener-I
2. Prof. Jaimala, Dean Science, CCS University, Meerut
3. Prof. Bindu Sharma, Coordinator, Department of Home Science, CCS University, Meerut
4. Dr. Sonika Choudhary, Associate Professor, R.G.P.G. College, Meerut, Convener-II (Ref no. Sambadhta/357 dated 27.4.2023)
5. Prof. Kalpna Gupta, Dept. of Home Science, Mahila Mahavidyalya, BHU, Varanasi, U.P.-Subject Expert (External).
6. Prof. Preeti Kumari, Principal, Govt. Degree College, Pokhre, Paurigarwal, Uttrakhand—Subject Expert (External)
7. Prof. Jyoti Tiwari, Professor, Department of Home Science, H.N.B. Garhwal, Uttrakhand—Subject Expert (External).
8. Dr. Archana Sharma, (Retd) Acting Principal, RG PG College, Meerut.
9. Dr. (Smt.) Vibha Bhardwaj, Associate Professor, Department of Home Science, A.K.P.G. College, Hapur
10. Dr. Smriti Dani, Associate Professor, Department of Home Science, A.K.P.G. College, Hapur
11. Dr. Shabnam Chhabra, Associate. Professor, Department of Home Science, V.M.L.G. College, Ghaziabad
12. Dr. Uma Joshi, Associate Professor, Department of Home Science, V.M.L.G. College, Ghaziabad

Copy to :

1. S.V.C for kind information of the Hon'ble Vice Chancellor.
2. Registrar
3. P.A to the Finance Controller for information of Finance Controller to make arrangement of sitting charges of the BOS members which will be submitted by the concerned.
4. A.R (Academic)
5. PhD Section

AGENDA:

1. Start of M. A.(Home Science) with 30 seats in each year in the Department of Home Science, C.C.S. University, Meerut Campus, as well as B.Sc (Home Science) with 60 seats. *Bindu Sharma*
2. Eligibility conditions to B.Sc Home Science (Honours), M.Sc (Foods & Nutrition), M.Sc (Human Development) and M.A Home Science to be discussed. *Sonika*
3. Fees of B.Sc (Home Science) Honours and M.Sc (Human Development) programme running in the Department of Home Science of C.C.S. University Campus to be reformulated.
4. To seek approval for two skill development courses proposed by R.G.P.G. College, Meerut entitled "Basic Stitching Skills" and "Advanced Stitching Skills"
5. To update the list of examiners in the subject of Home Science as per the latest format provided by the CCS University Meerut.
6. Syllabus of Different programmes of Home Science to be framed as per NEP so as to be implemented in the next session i.e. 2024-2025.

FOLLOWING ISSUES WERE UNDERTAKEN AND RESOLVED

1. M.A. Home Science to start in the Department of Home Science, C.C.S. University, Meerut Campus from the session 2023-24 with an intake of 30 seats each. (syllabus already approved by the CCS University, Meerut and Enclosed, Annexure- I)
2. Eligibility conditions for admission to B.Sc Home Science (Honours) & M.A Home Science as well as M.Sc (Foods & Nutrition) and M.Sc (Human Development) decided (Eligibility enclosed Annexure- II)
3. Fee structure for admission to B.Sc Home Science (Honours), M.A Home Science as well as M.Sc (Human Development) (Annexure- II)
4. Approval for two skill development courses proposed by R.G.P.G. College, Meerut entitled "Basic Stitching Skills" and "Advanced Stitching Skills". (Syllabus enclosed, Annexure-III)
5. Examiners list of the subject of Home Science discussed and updated (list enclosed Annexure- IV(a&b) & V (a&b)). Also it was decided that all Permanent and approved Self Finance Teachers of Government and Aided Colleges under the Jurisdiction of CCS University, Meerut are eligible to be examiners. In future, eligible Teachers can get approval from Dean and Convenor I as well as Convenor II to get their names included in the list as well.
6. Syllabus of different programs of Home Science to be framed as per NEP which will be implemented in the next session i.e. 2024-25
7. The meeting ended with a vote of thanks.

Prof. Kalpna Gupta
Subject Expert (External)

Jyoti Tiwari
Prof. Jyoti Tiwari,
Subject Expert (External)

Preeti Kumari
Prof. Preeti Kumari
Subject Expert (External)

Members of BoS:

Archana Sharma
Dr. Archana Sharma

Smriti Dani
Dr. Smriti Dani

Vibha Bharadwaj
Dr. Vibha Bharadwaj

Shabnam Chhabra
Dr. Shabnam Chhabra

Uma Joshi
Dr. Uma Joshi

Sonika Choudhary
Dr. Sonika Choudhary,
Convener-II, Home Science

Bindu Sharma
Prof. Bindu Sharma,
Coordinator Home Science

Prof. Jaimala,
Dean Science

Navin Chandra Lohani
Prof. Navin Chandra Lohani,
Dean Arts

SYLLABUS

M.A (HOME SCIENCE)

2 YEAR DEGREE PROGRAM



Chaudhary Charan Singh
University, Meerut
(Formerly, Meerut University)

NAAC A++ Accredited

Bindu Sharma

Ramesh

Abhishek
Anita

DEPARTMENT OF HOME SCIENCE

CHAUDHARY CHARAN SINGH UNIVERSITY, MEERUT

P. Singh
Beena
S. Singh
Sanika
Rajiv

M.A. (HOME SCIENCE)

The learning outcome of the M.A. Home Science programme are-

- Understand and appreciate the role of interdisciplinary sciences in the development and well-being of individuals, families and communities
- Understand the sciences and technologies that enhance the quality of life of people
- Acquire professional and entrepreneurial skills for economic empowerment of self in particular, and community in general
- Develop professional skills in food, nutrition, textiles, housing, product making, communication technologies and human development
- Take science from the laboratory to the people and enhance quality of life.

I Semester

- **COMPUTER BASICS (G-1030)**
To know the basics of computer and to be able to use computers for education, information and research.
- **ENGLISH LANGUAGE & COMMUNICATION SKILLS (G-1031)**
To facilitate learners' ability to use English for academic and professional purposes -note taking, note making, bibliography, writing proposals, projects, reports, research articles. Helps in reading and comprehending text books, reference books and journals from other subject areas of Home Science. To inculcate awareness about social purposes -becoming aware of the social conventions of conversation -sensitivity to the emotions aspects of communication.
- **HUMAN DEVELOPMENT- ADOLESCENCE TO OLD AGE (G-1032)**
To undertake an advanced study of the stages in human development with specific focus on adulthood and old age and to understand concerns and issues related to aging.
- **FABRIC CONSTRUCTION (G-1033)**
To develop ability to create basic weaves and to enable students to learn techniques and methods of developing fabric using different fibres and yarns.

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Bindu Sharma

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II Semester

- **RESEARCH METHODOLOGY (G-2030)**

To enable students to understand the fundamental principles and techniques of methodology concerning research and to prepare research tool applicable to development issues & develop skills in documentation.

- **RESOURCE MANAGEMENT AND CONSUMER SCIENCE (G2031)**

To create awareness among students about management in the family as well as the other systems and to understand concerns and issues related to consumer.

- **FOOD SCIENCE (G-2032)**

To enable students to understand the special characteristics of food service establishments and the concept of nutritional status and its relationship to health. To know the methods used for assessment of nutritional status.

- **Extension Management and Community Development (G-2033)**

To enable students to understand the widening concept of extension education and the role of agencies associated with extension education for rural development. To understand the role of community development programmes in India.

III Semester

- **THERAPEUTIC NUTRITION (G-3030)**

This course will enable the student to understand the physiology of human body and the modifications of normal diet for therapeutic purposes. It focuses to understand the role of the dietician in preventive, promotive and curative health care.

- **APPAREL DESIGN AND CONSTRUCTION (G-3031)**

To develop an understanding of the principles of pattern making and to impart more elaborate skills in clothing construction.

- **RURAL SOCIOLOGY (G-3032)**

To enable students to understand the Indian Rural Problems and the national efforts towards rural development.

- **TRADITIONAL TEXTILES & EMBROIDERIES OF INDIA (G-3033)**

To impart knowledge within students related to traditional embroideries and impart them knowledge about the traditional textiles of India.

P. S. S.

Bindu Sharma

Sande

Ram

S. S.

IV Semester

- **GUIDANCE AND COUNSELING (G-4030)**

The course focuses in to introduce counselling and understand the need for guidance in human development.

- **FAMILY HOUSING AND INTERIOR DECORATION (G-4031)**

To impart knowledge within students related to family housing and finance and enabling the students to understand the principles and skills used in interior decoration.

- **FAMILY DYNAMICS (G-4032)**

Acquire knowledge and insights about the dynamics of contemporary marriage and family systems in India and to understand family as component of social-cultural context. Enables students to understand concerns and issues related to family.

- **PROJECT ON WOMEN ENTREPRENEURSHIP/ DISSERTATION (G-4033)**

- To understand the principles of planning, organizing and controlling in different units.
- Gain knowledge to manage manpower and establish good human relations
- Gain experience in financial management.

P. Sankar

Bindu Sharma

Janki

Ramni

CS

C.C.S. University, Meerut

MASTER OF ARTS (HOME SCIENCE)

SEMESTER SYSTEM
(TWO YEAR PROGRAMME)

Eligibility -

Candidates seeking admission in M.A. Home Science must have passed

B.A. (10+2+3) with Home Science as a subject, B.Voc (Applied Clinical Psychology), B.Sc. Home Science (10+2+3) as well as any science graduate from C.C.S. University, Meerut or any other university or an examination recognized equivalent there to.

Scheme of the Examination -

The following shall be the scheme of the examination.

1. The number of papers and the maximum marks for each paper/practical shall be shown in the syllabus. It will be necessary for a candidate to pass in the theory as well as in the practical part (wherever prescribed) of a paper separately.
2. A candidate to pass at each semester examination shall be required to obtain.
 - i. At least 36% marks in the aggregate of all the papers prescribed for the examination.
 - ii. At least 36% marks in practical wherever prescribed at the examination.

No division will be awarded at the previous semester examination. Division shall be awarded at the end of the final semester examination on the combined marks obtained at the previous and the final semester examination taken together, as noted below -

First Division- 60%] of the aggregate marks taken together Second Division-

48%] at previous & Final examination.

Third Division - 36%]

[Handwritten signatures and marks]

3. Candidate is required to clear all the papers of all semesters, practical /Dissertation / Project work with a maximum period of four years.
4. The Dissertation/ Project shall be type written and submitted in triplicate.
5. The dissertation/ Project shall be of 150 marks. The distribution of 150marks will be as under –
 - i. Dissertation Report –50 Marks (By external examiner & internal examiner 25 each)
 - ii. Seminar–50 Marks (By the Board of Internal Examiner)
 - iii. Viva Voce –50 Marks

The Board of Internal Examiners shall consist of

- i. Head of the Department.
- ii. Supervisor Concerned

Where there is any difficulty in the constitution of the internal Board according to the procedure laid down above, the principal will constitute the board.

The assessment of internal project work of Practical wherever prescribed shall be done by the internal examiner deputed by the principal with in the permanent teachers who are taking practical or internal examiner deputed by the University within the seniority list of the university.

Note:

1. Total practical in one semester will be treated as one practical and reimbursement shall be made accordingly
2. The practical examinations shall be conducted together by one internal and one external expert.

FEES STRUCTURE *

1. M.A. (Home Science) =5500/- per year + University fee

* Fees is subject to change as per revisions in the Academic/ Executive Council of CCS University, Meerut from time to time.

[Handwritten signatures and names]
P. Singh, Bindu Sharma, Janki, Ram, Anil, Chandra, etc.

M.A. I Semester

Paper	Code	Name of the Paper	Marks	Theory period/ Week	Practical period/ Week
I	G-1030	Computer Basics	100	6	4p/w *
II	G-1031	English Language and Communication skills	100	6	-
III	G-1032	Human Development- (Adolescence to Old Age)	100	6	-
IV	G-1033	Fabric Construction	100	6	4p/w *
V	G-530	Practical *Computer Basics	50 each	-	-
VI	G-531	*Fabric Construction			
		Total Marks	500	-	-

*-Two periods continuously for two days in a week i.e. 4 periods.

Bindu Sharma

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M.A. II Semester

Paper	Code	Name of the Paper	Marks	Theory period/Week	Practical period/Week
VII	G-2030	Research Methodology	100	6	-
VIII	G-2031	Resource Management and Consumer Science	100	6	-
IX	G-2032	Food Science	100	6	4p/w *
X	G-2033	Extension Management and Community Development	100	6	4p/w *
XI	G-630	*Extension Management and Community Development	50 each	-	-
XII	G-631	*Food Science			
Total Marks			500		

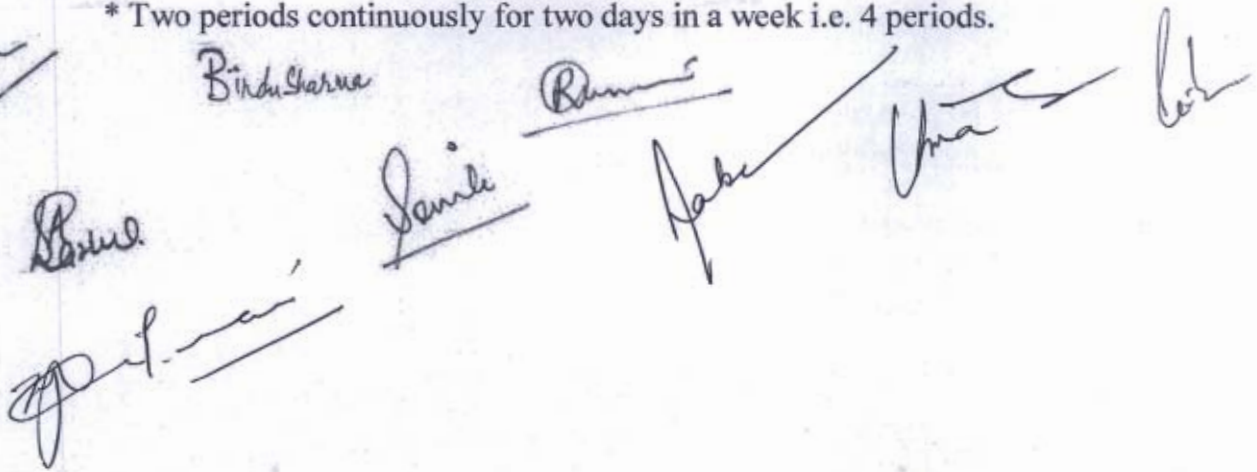
*-Two periods continuously for two days in a week i.e. 4 periods.

B. Indu Charne
S. S. S.
S. S. S.
S. S. S.
S. S. S.
S. S. S.
S. S. S.

M.A. III Semester

Paper	Code	Name of the Paper	Marks	Theory period/	Practical period/
				Week	Week
XIII	G-3030	Therapeutic Nutrition	100	6	4p/w *
XIV	G-3031	Apparel Design and Construction	100	6	4p/w *
XV	G-3032	Rural Sociology	100	6	-
XVI	G-3033	Traditional Embroideries	100	6	-
XVII		Practical	50	-	-
XVIII	G-730 G-731	*Therapeutic Nutrition *Apparel Design and Construction	each	-	-
		Total Marks	500	-	-

* Two periods continuously for two days in a week i.e. 4 periods.



 Bindu Sharma, Ram, Anil, Sanku, Jabe, Anas, and others.

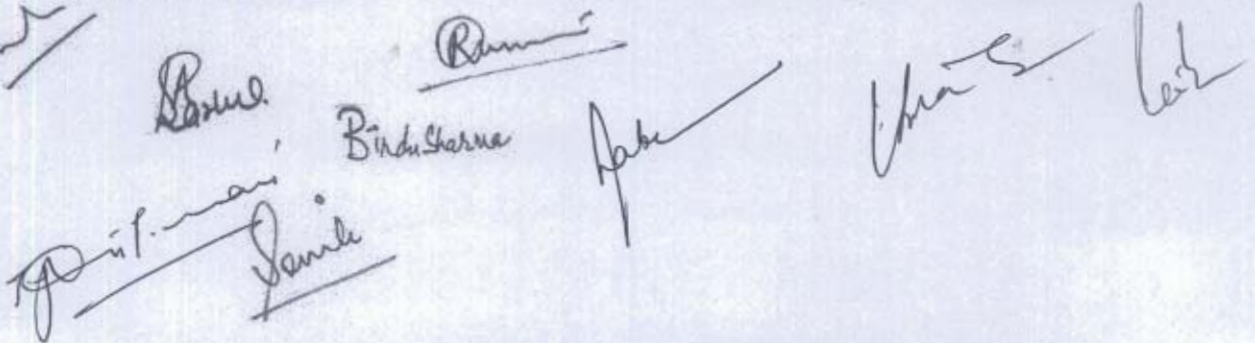
M.A. IV Semester

Paper	Code	Name of the Paper	Marks	Theory period/ Week	Practical period/ Week
XIX	G-4030	Guidance and Counseling	100	6	4p/w *
XX	G-4031	Housing and Interior Decoration	100	6	4p/w *
XXI	G-4032	Family Dynamics	100	6	-
XXII	G-4033/4034	Project on Women Entrepreneurship/ Dissertation	150	6	-
		Practical			
	G-830	*Guidance and Counseling	25 each	-	Only Internal Assessment
	G-831	* Housing and Interior Decoration			
		Total Marks	500	-	-

* Two periods continuously for two days in a week i.e. 4 periods.

Note:

Details of distribution of marks of Project / Dissertation is given on PageNo. two.



 Bindu Sharma, P. S. Jaiswal, P. S. Jaiswal, P. S. Jaiswal, P. S. Jaiswal, P. S. Jaiswal

M.A. I Semester

2010-2011 & onwards

PAPER: I Computer Basics

Code: Teaching Periods: 90/Semester Max. Marks: 100

Objectives:

To enable the students to-

1. Know the basics of computer.
2. Able to use computers for education, information and research

Unit I Introduction to Computers (periods: 10)

- a) What is Computer
- b) Characteristics of Computer
- c) Generation of Computers
- d) Classification of Computers
- e) Hardware & Software
- f) Input & output devices
- g) Data Representation & Processing

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Bindu Sharma

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Unit II Windows

(periods: 10)

i) Features of Windows

- Date & Time
- Display
- Fonts
- Mouse
- Find
- Run

Unit III MS-WORD

(periods: 10)

- a) Starting Word
- b) Creating Documents
- c) Parts of Word Window
- d) Formatting Features
- e) Toolbars & their Icons
- f) Tables

Unit IV MS-Excel

(periods: 10)

- a) Starting MS-Excel
- b) Toolbars & their icons
- c) Selecting Cells
- d) Entering & Editing text
- e) Entering Numbers
- f) Entering cell contents
- g) Formulas
- h) Creating the charts

Binod Sharma *Binod*
Sanjay *Sanjay*
Prakash *Prakash*
Abhishek *Abhishek*
Anand *Anand*

Unit II MS-PowerPoint

(periods: 10)

- a. Starting PowerPoint
- b. Creating Power Point Presentation
- c. Editing Text on Slide
- d. Formatting Text
- e. Formatting Paragraphs
- f. Checking Text
- g. Using Clip Art Gallery
- h. Develop a Slide Show

Unit V Internet

(periods: 06)

- a) Computer Network (LAN, MAN, WAN)
- b) What is Internet?
- c) Use of Internet
- d) Software & Hardware requirements of Internet
- e) Search Engines & Search of a topic
- f) Advantages & Disadvantages
- g) Creation & use of E-mails

Practical:

Max. Marks: 50

Sun *Prave* *Ramesh*
Apur *Bindu Sharma* *Sanika* *Arsh*
Pratima *Anurag*

(periods: 24)

1 Window XP

- a) Starting & shutting Computer, Moving windows, Display Properties.
- b) Exploring Disk, Files & Folders.
- c) Use of CDs & Pen drives

2. MS-Word

- a) Creating new word document, Open existing document, Save, Print, Page Setup, Close, Exit.
- b) Edit, View, Insert, Format, Tools menus

3. MS- Power Point

- a. Starting presentation , Improving presentation, Create Presentation using Auto Content Wizard & Using power point Templates, Copying Text, Moving Text, Deleting Text, Aligning Text in a Slide,
- b. Changing fonts, Adding Symbols, Using Clip Art Gallery, Animate text and Graphic Object

4. Internet

- a) Opening web page
- b) E-mail
- c) Search Engines
- d) Downloading files from Internet

Suggested Readings:

1. *vxoly| xijo* (2009) *de; Vj di ij; | f'ol idi'lu| binij*
2. Sinha, P.K. (2007), Computer Fundamental, BPB Publication, New Delhi.
3. Arora, Sumita (2009), Information Technology, Dhanpat Rai Publication, New Delhi, Class 9th & 10th.
4. Jain, Satish (2009), Dos 6 & 6.22 Companion, BPB Publication, New Delhi.

Bindu Charne
Sandeep
Sandeep
Arora
Arora
Arora

PAPER: II ENGLISH LANGUAGE & COMMUNICATION SKILLS

Code: Teaching Periods: 90/Semester Max. Marks: 100 Objectives:

To facilitate learners' ability to use English for-

1. academic and professional purposes

-note taking, note making, bibliography, writing proposals, projects, reports, research articles.

2. reading and comprehending text books, reference books and journals from othersubject areas of Home Science.

3. social purposes

-becoming aware of the social conventions of conversation

-sensitivity to the emotions aspects of communication.

Samuel
Samuel
Ramesh
Bindu Sharma
Samir
Ab
Uma
bed

Unit I. Introduction to Communication

(periods: 20)

- What is communication?
- The Importance of effective Communication.

Principles of communication – clarity, completeness, conciseness, consideration, courtesy, correctness.

Unit II Aids to correct writing

(periods: 15)

- Nouns, Pronouns, Adjectives, Articles, Verbs, Adverbs, Preposition, Conjunctions, Punctuation, Vocabulary – Synonyms, Antonyms, one word substitution, Idioms & Phrases.

Unit III Letter Writing

(periods: 20)

- Layout of letter, types of letter – business letter, application, letter.

Unit IV Report writing

(periods: 20)

- Importance, types of reports, parts of reports, preparing the report.

Unit V Essay Writing & Precise Writing

(periods: 15)

Suggested Readings:

1. Mohan, Krishna and Raman, Meenakshi (2000) Effective English Communication. Tata McGraw Hill Publishing Company, New Delhi.
2. Sasikumar, V and Dhamija, P.V (2007). Spoken English - A Self learning Guide to Conversation Practice.(2nd ed) Tata McGraw-Hills Publishing Co Ltd. New Delhi

Samuel

Bindu Sharma,

Sandeep

Ramesh

Chandra

Dr. P. S. ...

PAPER: III HUMAN DEVELOPMENT- (ADOLESCENCE TO OLDAGE)

Code: Teaching Periods: 90/Semester Max. Marks: 100 Objectives:

- To undertake an advanced study of the stages in human development with specific focus on adulthood and old age.
- To understand concerns and issues related to aging.

Unit I Adolescence (Early & Late Adolescence)

(periods: 25)

- Introduction to adolescence-different views of eminent psychologists.
- Self Development of the self-different perspectives, construct of self and identity formation.
- Vocational aspiration & opportunities, education & carrier problems.
- Self-enhancement techniques.
- Helping youth: Prevention, Intervention, Rehabilitation and environment consideration.

Unit II Early Adulthood (20-40 years)

(periods: 15)

- Physical, intellectual, social and personality development during early adulthood.
- Transition to adulthood- Security, marriage, marital adjustment.

Unit III Middle Adulthood (40-50 years)

(periods: 20)

- Continuity and change, health and disease, menopause in women.
- Occupational aspect-work and carrier development.

Dr. Bindu Sharma

Sanika

Uma S. K.

Dr. P. S.

Ram

Unit IV Late Adulthood (50-60 years)

(periods: 15)

- Psychological and social adjustment.
- Planning for retirement-consequences and adjustment.
- Health and disease.

Unit V Old Age (After 60 years)

(periods: 15)

- Physical aspect of aging.
- Change in personality-social, emotional, cognitive abilities and intellectual aspect.
- Creative adjustment in aging.
- Intergenerational problems.

Suggested Readings:

- Berk, L.E. (1996): Child Development, New Delhi: Prentice Hall.
- Lerner; R.M. Hultch, D.F. (1983): Human Development: A Life span perspective N.Y. Mc Graw Hill
- Mussen, P. N. Congor, J.J, Kagan. J & Huston AC (1990) Child Development and personality (7th Ed.) N.Y. Harper Collius.
- Sarasvathi T.S. and Kaur B. (1993): Human Development and family studies in Indian: An agenda for research and policy, New Delhi, sagePublication.
- Bhatia, M.S. (1983): Ageing and Society, Udaipur: Arya's Book centre.
- Randhawa: M.S. (1991): The Rural and Urban Aged: New Delhi:National Book organization.
- Sinha J.M P (1989): Problems of Ageing, New Delhi, ClassicalPublishing Company:
- University Book House, 79, Chaura Rasta Jaipur - 3.
- University Book House Jaipur.
- University Book House Jaipur.
- University Book House Jaipur.
- Sarla Grover: Researches in Human Development: University BookHouse Jaipur.
- University Book House Jaipur.

Bindu Sharma

Sun

Journal:

Sarla

Ramesh

Arsh

- Journal of family welfare: Family Planning Association of India, Bajaj Bhavan, Nariman Point Bombay-400021.

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PAPER: IV FABRIC CONSTRUCTION

Code: Teaching Periods: 90/semester Max. Marks: 100

Objectives:

- To develop ability to create basic weaves.
- To enable students to learn techniques and methods of developing fabric using different fibers and yarns.

Unit I Study of Yarn (periods: 20)

- Spinning method
- Yarn Classification
- Yarn numbering system- Cotton count, denier.

Unit II Principles of fabric manufacture

(periods: 16)

- Basic principles
- Characteristics and significance of different processes.
- Woven, knitted and non-woven laces and braids.

Unit III Weaving technology

(periods: 10)

- Parts and functions of handlooms and power looms.
- Types of weaves

Unit IV Knitting technology

(periods: 20)

- Types of knits
- Designing of knits
- Knitting machines- flat, circular

PRACTICAL:

Max. Marks 50

Bindu Sharma
Santosh *Jayadev*
Surya *Ramesh* *Rakesh* *Arjun*
Pitambar

(periods: 24)

- I. Collection of samples of woven fabrics. Identification of weaves by visual examination using magnifying glass.
- II. Drafting and lifting plan of different weaves on graph paper
- III. Sample preparation of following weaves on handloom Plain, Twill, Basket, Rib, Pile, Satin, Check, Stripes.

Suggested Readings:

1. Corbman, B.P. (1985): Textile Fibre to Fabric, Mc GrawHill, New York.
2. Joseph, M.L. (1976): Essentials of Textiles, Holt Ripenhart of Winston, New York.
3. Joseph, M.L. (1972): Introductory Textile Science, Holt Ripenhart of Winston, New York.
4. Tortora, P.G. (1978): Understanding Textiles, New York, MacMillan Publishing Inc.
5. Wingate, I.B. (1976): Textile Fabrics and their Selection, Englewood Cliffs (New Jersey), PrenticeHall, Inc.

M.A. II Semester 2010-2011 & onwards

PAPER: I RESEARCH METHODOLOGY

Code: Teaching Periods: 90/semester Max. Marks: 100 Objectives:

To enable students to

1. Understand the fundamental principles and techniques of methodology concerning research'
2. Prepare research tool applicable to development issues, and
3. Develop skills in documentation.

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Handwritten signature: Bindu Charna

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Unit I Knowledge & Research

(periods: 15)

- a. Methods of acquiring knowledge.
- b. Definition, nature and steps in research.
- c. Need of research in Home Science

Unit II Types of Research

(periods: 20)

- a. Historical
- b. Survey
- c. Experimental
- d. Case study

Unit III Research Problem and Hypothesis

(periods: 20)

- a. Definition and identification of Research Problem, Selection of Research Problem, basic kinds of problem and limitations of the problem.
- c) Nature, types and functions of Hypothesis.

Unit IV Sample and Data Gathering Instruments

(periods: 15)

- a. Type of Samples and Selection of samples.
- b. Data Gathering Instruments – Inquiry form, interview, observation, Sociometric techniques and Projective techniques

Unit V 1. Research Design

(periods: 20)

- a. Definition and kinds of Research Design
- b. Basic principles of Research Design
- c. Purpose of Research Design.

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Bindu Sharma
Bindu

Sanika

Ram

Chaitanya

2. Presentation & Interpretation of Data

Suggested Readings:

1. Bajpai, S.R. (2007), Methods, F. Social Survey and Research, Kitab Ghar, Kanpur.
2. JolLro] MO, u0 [2004] vu [[lu toll; | [[fgl; i dl "lu] vlxjA
3. i.l.M; x.l"i o i.l.M;] v#.1 [2005] "H i foq jH i fdy "i [ub früyA

PAPER: II RESOURCE MANAGEMENT AND CONSUMER SCIENCE

Code: Teaching Periods: 90/semester Max. Marks: 100

Objectives:

- To create an awareness among students about management in the family as well as the othersystems.
- To understand concerns and issues related to consumer

Unit I Family Resource Management

(periods: 25)

- a. Meaning, basic concept, misconceptions and obstacles
- b. Components of home management- *values, goals and standards*
- c. Process of management
- d. Decision Making in Home Management and development of resources.

Unit II Consumer Behaviour and Problems (periods: 20)

- a. Problems faced by an Indian Consumer
- b. Sources of Consumer Information
- c. Government programmes for consumer protection- *standardization, quality control, fixation of prices, labeling and adulteration control*
- d. Consumer Laws

Unit III Budgeting and Accounting

(periods: 15)

- a. Budgeting-definition, importance and steps in planning a budget
- b. Types of family Budget-implementation, controlling and evaluation

Unit IV Market

(periods: 15)

- a. Definition and classification of market
- b. Wholesale and retail market
- c. Buying practices- What, When, Where and How

Unit V Money and Income

(periods: 15)

- a. Money-Importance, types and functions
- b. Income-Types
- c. Standard of Living-concept, factors affecting lowering and raising the standard of living

Suggested Readings:

1. Gross Crandall: Management for Modern Families: Wiley Eastern Ltd. New Delhi.
2. *ixoc cyi | xg icll | Wu |; oLFl o virj d | Tt* & University Book House, Jaipur.
3. *ixoc cyi |? Kjy ctV, o Ø; dDr icll* & University Book House, Jaipur
4. Bharthi V.V.: Family Resource Management – University BookHouse, Jaipur.
5. *ijotjd folr | fglnt xifi vdlneA iVul | et | xg icll | LVj ifayddu vixjA*

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Bindu Sharma Janila

Uma S. Reddy

PAPER: III FOOD SCIENCE

Code: Teaching Periods: 90/semester Max. Marks: 100 Objectives:

To enable students to

- Understand the special characteristics of food service establishments.
- Understand the concept of nutritional status and its relationship to health.
- Know the methods used for assessment of nutritional status.

Unit I Introduction to Nutrition sciences:

(periods: 15)

Recommended dietary allowances, balanced diet, energy metabolism (basal metabolic rate and resting energy expenditure).

Unit II Assessment of nutritional status:

(periods: 15)

Clinical signs/symptoms, dietary data, anthropometric indices, biochemical parameters, advantages and limitations of each method, improving the nutrition of society.

Unit III National nutrition policies and supplementary feeding programmes, national and international agencies in the field of nutrition. (periods: 10)

Unit IV Evaluation of foods:

(periods: 10)

Visual examination and sensory evaluation (colour, texture, flavour and taste).

Unit V Principles and functions of catering management- types of food services (schools, industrial canteens, hospitals, travel catering), personnel and financial management, menu planning and catering services, food laws. (periods: 16)

PRACTICAL:

Max. Marks: 50

(Periods: 24)

1. Acquaint the students with the methods of assessment of nutritional status. Carry out one case study to assess and evaluate the nutritional status of a person.

2. Visit any food service institution and study the 1) organization 2) physical plan and layout 3) food service equipment 4) sanitation and hygiene 5) types of meal service. Prepare and present a report.
3. Preparation & food service of Recipes from different Indian States.
4. Preparation of Low Cost Recipes with high Nutritive Value.

References:

1. Swaminathan M Essentials of foods and nutrition Vol 1 & 11: Ganesh and Co., Madras.
2. Sethi M. Malhan S (1993): Catering management: An integrated approach. Wiley eastern, New Delhi
3. Amerine M A, Pangborn R M, Ressler E B (1965): Principles of sensory evaluation of foods; Academic press. New York
4. Srilakshmi B. Nutrition science New Age International (P) Limited, Publishers, New Delhi

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_____, Bindu Sharma

PAPER: IV Extension Management and Community Development

Code: Teaching Periods: 90/semester Max. Marks: 100

Objectives:

To enable students to

- Understand the widening concept of extension education
- Understand the role of agencies associated with extension education for rural development
- Understand the role of community development programmes in India.

Unit I Scope of Home Science

(periods: 15)

Need, importance, contribution in different fields of development.

Home Science Extension Education-Definition, Meaning, Scope, Objectives, Need, Importance, Philosophy, Principles, Concept, Role in Women's Welfare programmes.

Unit II Extension Management

(periods: 20)

Teaching Methods-Introduction, Classification of extension teaching methods: A Direct Contact, Demonstration, handling and use of audio visual aids, conducting meetings, conferences and tours, arranging exhibitions.

Unit III Agencies associated with extension education for rural development.

(periods: 10)

Unit IV Community Development-

(periods: 15)

Definition, meaning, chief element, principle, objectives, philosophy, types, process, scope, community development programmes in India.

Unit V Audio Visual Aids in Home Science Extension Education.

(periods: 10)

PRACTICAL: Max. Marks 50

(periods: 20)

Preparation of Audio Visual Aids in Home Science Extension Management-Chart, Poster, Puppet, Flannel graph.

M.A. III Semester 2010-2011 & onwards

PAPER: I THERAPEUTIC NUTRITION

Code: Teaching Periods: 90/Semester Max. Marks: 100 Objectives:

This course will enable the student to-

- Understand the physiology of human body.
- Understand the modifications of normal diet for therapeutic purposes.
- Understand the role of the dietician in preventive, promotive and curative health care.

Unit I Human physiology

(periods: 15)

Definition of anatomy and physiology, importance of the study of physiology, brief overview of sense organs, nervous system, endocrine system, gastro-intestinal system, excretory system and immune system

Unit II Therapeutic nutrition:

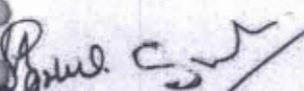
(periods: 15)

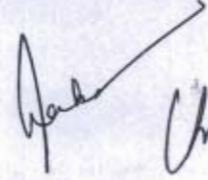
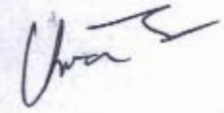

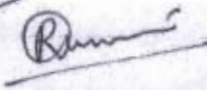
Definition, importance and scope, adaptation of normal diet for therapeutic purposes (soft diet, full fluid diet, bland diet etc)

Unit III Dietetics:

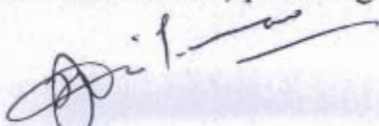
(periods: 24)

Etiology, causative factors, preventive measures and planning of diets in febrile conditions (acute fever, typhoid, tuberculosis), gastro-intestinal disorders (diarrhoea, constipation, peptic ulcers), kidney diseases (acute and chronic nephritis), diabetes mellitus, cardio-vascular diseases (hypertension, coronary artery disease) and post-surgery diets.

 Bindu Sharma
PRACTICAL: Max. Marks: 50

 Anurag
 Chaitanya
 Arjun
 Anshu
(periods: 36)

1. Market survey of low cost nutritive foods available in various seasons
2. To plan, calculate the important nutrients, prepare as well as provide counseling for various therapeutic diets: 1) febrile conditions 2) gastro-intestinal disorders 3) kidney diseases 4) diabetes mellitus 5) cardio-vascular diseases and 6) post-surgery conditions.

 Anshu

Suggested Readings:

1. Robinson C H, Lawler M R, Chenourth WC. (1986): Normal and Therapeutic Nutrition. 17th ed., Mac Millan publishing Co.
2. Gopalan C et al, (1993): Nutritive value of Indian foods.
3. Joshi S A (1992) Nutrition & Dietetics: Tata Mc Graw Hill Publication, New Delhi
4. Sabherwal B. Meal Management, University Book House, Jaipur

PAPER: II APPAREL DESIGN AND CONSTRUCTION

Code: Teaching Periods: 90/Semester Max. Marks: 100 Objectives:

- To develop an understanding of the principles of pattern making
- To impart more elaborate skills in clothing construction

Unit I Selection of Clothing

(periods: 10)

- i. Scope and types of design-Structural and Decorative
- ii. Factors influencing selection of fabrics-budget, age, sex, season, occasion, occupation, figure, fashion.

Unit II Principles of Design

(periods: 10)

- i. Elements of arts with reference to clothing
- ii. Principles of design as applied to apparel design

Unit III Fashion

(periods: 10)

- i. Factors influencing fashion, Fashion cycle-innovation, rise, peak, decline, and fad.
- ii. Care of household textiles-Renovations and mending according to fashion

Unit IV Principles of Clothing Construction

(periods: 20)

- i. General principles of drafting and making paper pattern
- ii. Taking body measurement for different types of garments
- iii. Preparation of fabric for garment making

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S. S. / S. S. / Bindu Sharma / Anil / Sanika / Ram / Jas / Anil S / K. S.

iv. Layout of patterns, cutting and stitching.

PRACTICAL: Max. Marks: 50

(periods: 40)

A. Apparel Design & Construction

1. Handling of Sewing machine
2. Sewing techniques-

Basic seams, seam finishes, fullness, gathers, pleats, darts, cuffs, tucks etc. Placket opening and its variations, fasteners, finishing of necklines and collars, types of sleeves

3. Drafting of Adult basic bodice block/adult sleeves block and stitching of plain designer blouse and ladies kurta.

B. Traditional Embroideries

1. One article using traditional embroideries.

PAPER: III RURAL SOCIOLOGY

Parul *Ramesh*

Code: Teaching Periods: 90/Semester Max. Marks: 100 Objectives:

To enable students to

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- Understand the Indian Rural Problems
- Understand the national efforts towards rural development.

UNIT: I Rural Sociology

Bindu Sharma

(periods: 20)

Parul

Rural Sociology - Definition, Scope and Importance.

UNIT II Rural community

(periods: 20)

(a) Rural Community -Characteristics, contrast with urban community.

a. Structural Differences-Urban, Rural, Tribal.

UNIT: III Indian Rural Problems

(periods: 20)

Indian Rural Problem-

- (i) Problem of unemployment.
- (ii) Problem of casteism
- (iii) Indebtedness
- (iv) Illiteracy
- (v) Farmer's dissatisfaction

UNIT: IV Rural Leadership (periods: 15)

UNIT: V Rural Reconstruction.(periods: 15)

Suggested Readings:

- 1- n b , vj jri; xel. l ■ et dl, University Book House, Jaipur. 2- Doshi S. L. Rural Sociology, University Book House, Jaipur.
- 3- Ahuja Ram Social Problems in India University Book House, Jaipur.
- 4- Aggrwal G. K. Xel. l ■ et dl = | vxji | ■ lgt; HOUA
- 5- Mukarjee R. N. Xel. l ■ et dl =
- 6- Sharma R. N. Xel. l ■ et dl =

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Journals of Rural Development: The National Institute of Rural Development Rajender Nagar, Hyderabad.

1. Social welfare]Central Social Welfare Board Samaj Kalyan Bhavan, B-12
2. **Let dū; l. l** = T.C. Institutional Area south of IIT, New Delhi.
3. Kurukshetra] Director, Publication Division Patiala House
4. d{l{k=] New Delhi 110 001.
5. Yojna] Director, Publication Division Patiala House7- ;|TU] New Delhi 110 001.
6. Social Change Council for Social Development, Kalpana Printing House, L - 4, Green Park Extn., New Delhi.

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PAPER: IV TRADITIONAL TEXTILES & EMBROIDERIES OF INDIA

Code: _____ Teaching Periods: 90/Semester Max. Marks: 100 Objectives: _____

- To impart knowledge within students related to traditional embroideries.
- To impart knowledge about the traditional textiles of India.

Unit I History of traditional embroidery of India, famous cities for embroidery. (Periods: 20)

Unit II Traditional embroideries of India: (Periods: 35)

- (a) Kasuti of Karnataka
- (b) Phulkari of Punjab
- (c) Sindhi embroidery.
- (d) Chikankari of Uttar Pradesh
- (e) Kantha of Bengal
- (f) Kutch Kathiwar of Gujarat.

Study of above embroideries with emphasis to texture, design and colour.

Unit III Traditional textiles of India (Periods: 35)

- (a) Patola of Gujarat, Orrisa and Cuttak (Ikat)
- (b) Tie and Dye of Rajasthan and Gujarat
- (c) Brocades of Hyderabad, Banaras and Gujarat
- (d) Shawls of Kashmir
- (e) Dacca Muslin and Chanderi Sarees

Study of above traditional textiles with emphasis to texture, design and colour.

Parul
Bindu Sharma
Janika
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M.A. IV Semester 2010-2011 & onwards

PAPER: I GUIDANCE AND COUNSELING

Code: Teaching Periods: 90/Semester Max. Marks: 100 Objectives:

- To introduce counseling
- To understand the need for guidance in human development.

Unit I Counseling (periods: 15)

- a. Meaning, scope and principles of counseling.
- b. Techniques of counseling-directive, non-directive and behavioral.

Unit II The Counselor (periods: 15)

- a. Role and responsibilities of counselor
- b. Personality and training of counselor.

Unit III Guidance (periods: 10)

- a. Meaning, need and principles of guidance.
- b. Group guidance-principles and techniques.

Unit IV Organization of Guidance programme (periods: 16)

- a. Forms, principles and characteristics.
- b. Role of different personnel's.

Unit V Guidance Programmes (periods: 10)

- a. At primary and secondary school level.
- b. At college, university and professional institution level.

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PRACTICAL : (Internal Assessment) Max.Marks: 25

(periods: 24)

A. Guidance & Counseling

1. Compile articles and research reviews on various aspects of guidance and their critical evaluation.

B. Family Dynamics

1. Assignment on Burning Issues of the family and child

PAPER: II FAMILY HOUSING AND INTERIOR DECORATION

Code: Teaching Periods: 90/Semester Max. Marks: 100 Objectives:

- To impart knowledge within students related to family housing and finance.
- Enabling the students to understand the principles and skills used in interior decoration.

SECTION A – FAMILY HOUSING

Unit I Family Housing

(periods: 5)

Needs- *protective, economic, affectional and social*

Unit II House Planning

(periods: 15)

- a. Selection of site, factors affecting house planning- orientation, room organization, space requirements for various activities.
- b. House Plans for different income groups

Bindu Sharma

Praveen

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Unit III Housing Finance and Construction

(periods: 15)

- a. House Owning and Renting- advantages and disadvantages
- b. Factors influencing cost of a house
- c. Financing agency- *L.I.C., Banks, Housing Board, Cooperative Housing Societies*
- d. Building Materials used in construction and finishing

Pratima

Uma S

Ramesh

Arjun

SECTION B- INTERIOR DECORATION

Unit IV Design

(periods: 15)

- Importance of good taste: Type of Design-*Structural and decorative*, Aims in Design- *beauty, functionalism, expressiveness.*
- Elements of Design- *line, form, texture space, pattern, light*

Colour-importance, classification of colour according to prang colour theory.

Dimensions of Colour- hue, value intensity

Types of colour scheme

Principles of design- harmony, balance, proportion, rhythm, emphasis

Unit V Furniture & Furnishings

(periods: 12)

- Selection of furniture
- Principles of furniture arrangement
- Materials used in furniture
- Factors influencing furnishing for houses-*Curtains and floor coverings*

PRACTICAL: (Internal Assessment) Max. Marks: 25

(periods: 28)

- Architectural Symbol & house plans for different income groups
- Showing furniture arrangement in various rooms.
- Drawing colour wheel, value chart and colour planning of different rooms.

Suggested Readings:

- Deshpande, R.S. (1943): Build your own Home, 6th Ed. United Book Corporation, Poona.
- Anna H. Rutt: Home Furnishing, John Wiley Eastern Private Ltd. N. Y.
- Gross Crandall: Management for Modern Families : Wiley Eastern Ltd. New Delhi.
- University Book House, Jaipur.
- University Book House, Jaipur.
- Bharthi V.V. : Family Resource Management – University BookHouse, Jaipur.
- University Book House, Jaipur.

PAPER: III FAMILY DYNAMICS

Code: Teaching Periods: 90/Semester Max. Marks: 100 Objectives:

- Acquire knowledge and insights about the dynamics of contemporary marriage and family systems in India.
- To understand family as component of social-cultural context.
- To understand concerns and issues related to family.

Unit I Family

(periods: 20)

- a. Family-structure, functions, roles and relationships.
- b. Secure and insecure experiences of the family, death, divorce, alcoholism, illness and unemployment.

Unit II Burning Issues of the family and child

(periods: 20)

- a. Burning issues regarding children-*child labour, child abuse, dyslexia and autism.*
- b. Burning issues regarding family- *domestic violence, living together without marriage, single parenthood and Double Income No Kids (DINKS).*
- c. Stress and coping strategies in family.

Unit III Empowering Parents

(periods: 15)

- a. Recognizing and empowering parents with special needs.
- b. Working parents.
- c. Parents of disable children.
- d. Parents of adopted child.

Unit IV Theories of Child Behaviour

(periods: 20)

Freud- A Psycho Analytical theory of Freud Piaget-Four stages of cognitive development

Binu Sharma *Sandeep* *Ramesh* *Sandeep* *As*
Dr. P. Mani *Anurag* *Arjun*

Unit V Modern trends and future of families changing roles and relationship.

(periods: 15)

PAPER: IV Project on Women Entrepreneurship/ Dissertation

Code: Teaching Periods: 90/Semester Max. Marks: 150 Objectives:

- To develop skills in entrepreneurship
- To understand the principles of planning, organizing and controlling indifferent units.
- Gain knowledge to manage manpower and establish good human relations
- Gain experience in financial management.

Bindu Sharma

Sandeep

Ramesh

P. S. S.

A. S. S.

U. S. S.

S. S. S.