



**Maharaja Surajmal Brij University,  
Kumher Bharatpur, Rajasthan**

# **Syllabus**

**(Post Graduate Program)  
Master Of Arts**

**M.A.Home Science**

(Effective From Academic Year 2024-2025 onwards)

**I & II Semester**

As per NEP 2020

  
**Dr. Farbat Singh**  
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Curriculum Structure										
Session 2024-2025 onwards										
Name of the Programme: M.A. Home Science										
Year: First						Semester: I (A)				
Pawas Semester-I	Course Code	Course Title	Contact Hrs. Per Week			Credits	Weightage (%)			
			L	T	P		CWS	MTE	ETE	Max Marks
	Discipline Specific Core (DSC):									
	HSC101T	Advanced Nutrition and Food Science	4	0	0	4	10	20	70	100
	HSC102T	Human Development	4	0	0	4	10	20	70	100
	HSC103T	Textiles fibers and their properties	4	0	0	4	10	20	70	100
	HSC101P	Practical-I	0	0	4	2	5	15	30	50
	HSC102P	Practical-II	0	0	4	2	5	15	30	50
	HSC103P	Practical-III	0	0	4	2	5	15	30	50
	Discipline Specific Elective (DSE)									
HSC104T	Gender in Extension and Development	4	0	0	4	10	20	70	100	
OR										
HSC105T	Entrepreneurship Management	4	0	0	4	10	20	70	100	
Seminar/Internship/Dissertation (S/I/D)					2				50	
Value Added Course (VAC)		--	--	--	2	--	--	--	50	
Total					26				650	

Summary: I Semester		
S.N.	Particulars	Credits
1	Discipline Specific Core (DSC):	18
2	Discipline Specific Elective (DSE):	04
3	Seminar/Internship/Dissertation (DSC):	02
4	Value Added Course (VAC):	02
	<b>Total</b>	<b>26</b>

  
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Curriculum Structure										
Session 2024-2025 onwards										
Name of the Programme: M.A. Home Science										
Semester: II (B)										
Year: First										
Vasant Semester-II	Course Code	Course Title	Contact Hrs. Per Week			Credits	Weightage (%)			
			L	T	P		CWS	MTE	ETE	Max Marks
	Discipline Specific Core (DSC):									
	HSC201T	Introduction to Basic Design	4	0	0	4	10	20	70	100
	HSC202T	Extension Education	4	0	0	4	10	20	70	100
	HSC203T	Family Resource Management	4	0	0	4	10	20	70	100
	HSC201P	Practical-I	0	0	4	2	5	15	30	50
	HSC202P	Practical-II	0	0	4	2	5	15	30	50
	HSC203P	Practical-III	0	0	4	2	5	15	30	50
	Discipline Specific Elective (DSE)									
HSC204T	Fashion Designing	4	0	0	4	10	20	70	100	
OR										
HSC205T	Community Health Management	4	0	0	4	10	20	70	100	
Seminar/Internship/Dissertation (S/I/D)		-	-	-	2	-	-	-	50	
Value Added Course (VAC)		--	--	--	2	--	--	--	50	
Total					26				650	

Summary: II Semester		
S.N.	Particulars	Credits
1	Discipline Specific Core (DSC):	18
2	Discipline Specific Elective (DSE):	04
3	Seminar/Internship/Dissertation (DSC):	02
4	Value Added Course (VAC):	02
<b>Total</b>		<b>26</b>
SCW (Class work): It would include attendance, assignments, class test/quiz : test/assignments, ppt, play, learn by fun activities etc.		

  
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**M.A. Home Science  
Semester- I**

Course Title:	Advanced Nutrition and Food Science	Course Code HSC101T
<b>Total Lecture hour 52</b>		<b>Hours</b>
<b>Unit I</b>	1. Nutritional requirements and RDA for the entire life span according to the physiological needs a) Infancy b) Preschoolers c) School children d) Adolescents e) Adults f) Elderly 2. Body Composition 3. Human digestive system a) Structure and functions of different organs b) Digestion, absorption of carbohydrates, proteins, fats and vitamins	<b>14</b>
<b>Unit II</b>	4. Etiological, clinical features with emphasis on dietary management and preventive measures related to food a) GERD, constipation, diarrhea b) Celiac disease c) Hepatitis, cirrhosis d) Hypertension, coronary heart disease, hyperlipidemia e) Diabetes mellitus f) Obesity g) Cancer h) HIV/AIDS.	<b>15</b>
<b>Unit III</b>	Health Implications of junk foods, processed foods and convenience foods. Functions of foods: physiological and non-physiological. Cooking methods: types, merits and demerits.	<b>10</b>
<b>Unit IV</b>	Cereals and millets: structure, composition, processing techniques, effect of heat and acid, functions of starch in cookery. Legumes, nuts and oil seeds: composition, processing techniques, effect of heat, acid and alkali. Fruits and vegetables: types, composition, importance in diet, pigments, changes caused by heat and alkali. Milk and milk products: types, composition, physical and functional properties, properties, processing techniques, effect of heat, acid and alkali.	<b>13</b>
<b>Reference Books:</b>		
1	Bamji MS, Rao NP Reddy V E (2003) Text Book of Human nutrition Second Edition. Oxford & IBH Publishing Co. Pvt. Ltd.	
2	L. Kathleen Mahan and Sylvia Scott-Stump. Krause's Food, Nutrition & Diet Therapy. WB Saunders Company, Pennsylvania, USA	
3	Bogstrom, G. Principles of Food Science, Vol. I & II, The Macmillan Co., New York, 1968.	
4	Fraxier, W.C. Food Microbiology. McGraw, Hill book Co., New York, 1968.	
5	Potter. N.N. Food Science. 3 <sup>rd</sup> ED CBS Publishers and Distributors. Delhi, 1987.	

  
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Course Title:	Human Development	Course Code HSC102T
Total Lecture hour 52		Hours
Unit I	Meaning, definition and scope of human development. Principle of growth and development. Stages of prenatal development and Factors affecting prenatal development. Basic Reflexes, Physical, Motor and Language and Emotional development during infancy, Development tasks. Theoretical approaches to early personality development - psychosexual theory of Sigmoid Freud, Psycho Social Theory of Erik Erickson and Piagets cognitive development theory of sensory motor and pre - operational stage.	15
Unit II	Developmental Tasks. Significance of early years, physical, Motor, Social, Emotional and language development in early, middle and late childhood. Theoretical contributions of Erickson, Piaget and Freud in understanding development. Play- Significance, types, characteristics of play. Home, school and peer relationship: problems and adjustments.	10
Unit III	Adolescence: Development tasks, physical, emotional, social, speech and Intellectual development, Moral Development (Kohlberg's Moral Theory) Puberty and Pubertal Changes, sexual Maturity. Theoretical contributions of Erickson, Piaget and Freud in understanding development. Challenges, adjustment and development tasks of early, middle and late adulthood..	13
Unit IV	Theoretical understanding of adulthood, with reference to Erikson and Freud. Significant issues in adulthood: Live-In-Relationship, Being Single, Divorce, Remarriage, DINKS. Adoption; Menopause and Andropause, mid life crises and emptying of nest. Interpersonal and Intrapersonal adjustments, adjusting to declining physical/motor and sensory capacities, Adjustment with changes in familial situation, loss of life partner	14
<b>Reference Books:</b>		
1	Narang D; Chabra N & Koradia K (2010): Adolescent girls: awareness rights and reproductive health, Pointer Publishers, Jaipur.	
2	Stewart, Clarke, A., Friedman, S. (1987). Child Development; Infancy through Adolescence. John Wiley and Sons, New York.	
3	Bhatt, N. (2007). Human Development-A Life span Perspective. Aavishkar Publishers. Jaipur	
4	Papalia, D.E., Olds, S.W. and Feldman, R.D. (2004). Human Development (9 <sup>th</sup> Ed.). Tata Mc Graw- Hill Publishing Company Ltd. New Delhi.	
5	Moorjani J; Narang D & Manika (2009). Bal Vikas Ka Manovigyan, Shri Kavita Prakashan, Jaipur	

  
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Course Title:	Textiles fibers and their properties	Course Code HSC 103T
Total Lecture hour 52		Hours
Unit I	<b>Textiles fibers and their properties</b> <ul style="list-style-type: none"> <li>Classification of fibers</li> <li>Primary and secondary properties of textiles fibers.</li> <li>Manufacturing process, properties and use of following fibers - Cotton, Jute, Silk, Wool, Rayon, Polyester, and Polyamide.</li> </ul> <b>Yarn construction</b> <ul style="list-style-type: none"> <li>Basic principles of yarn making - Mechanical spinning (cotton spinning), Chemical spinning Wet, Dry, and Melt.</li> <li>Types of yarns - Simple, Novelty and Textured yarns.</li> <li>Yarn Twist and Yarn Numbering system</li> </ul>	14
Unit II	<b>Fabric Construction Methods</b> <ul style="list-style-type: none"> <li>Weaving, Knitting, Braiding, Lacing and Netting.</li> <li>Weaving - Types of hand looms, parts of a loom, stages in weaving, process.</li> <li>Classification and construction of basic weaves: plain, twill &amp; satin.</li> <li>Fabrics made from fibers Pelting and Bonding.</li> </ul> <b>Finishing</b> <ul style="list-style-type: none"> <li>Definition and importance of finishing.</li> <li>Classification of finishes.</li> <li>Preparatory Process - Desizing, Tendering, Scouring and Bleaching.</li> <li>Mechanical finishes - Sizing, Singeing, Mercerization, Napping, Embossing and Calendaring.</li> <li>Functional finishes Wash and wear, Wrinkle resistant, Water resistant and repellent, Flame Retardant, Soil Repellent, Mothproof and Anti-static.</li> </ul>	15
Unit III	<b>Recent developments in textiles</b> <ul style="list-style-type: none"> <li>Nonwoven textiles.</li> <li>Technical Textiles- Meaning, classification, manufacturing techniques and future scenario.</li> <li>Smart textiles - Factors affecting the selection and uses.</li> <li>Various denim finishes: Bio-polishing, bio-washing and softening finishes, Eco- friendly finishing with enzymes.</li> </ul>	12
Unit IV	<b>Apparel Selection &amp; Care</b> <ul style="list-style-type: none"> <li>Selection of suitable fabrics and garments for Age - infants, toddlers, pre-school children, school going children, adolescents.</li> <li>Climate, occasion, occupation, fashion, figure.</li> <li>Clothing for people with special needs: maternity and lactation, old age and physically challenged.</li> <li>Selection of readymade garments</li> </ul> <b>Appearance - Size, design, line and colors, Fabric - Durability, ease of care.</b>	11

  
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	• Workmanship – Cutting, sewing, finishing, cost and fitting.	
<b>Reference Books:</b>		
1	Bela Bhargava (2003) "Vastra Vigyan avam dhulai kriya" University Book House Jaipur.	
2	Shrivastave. K. N and Gupta. M "Paramparagal Bhartiya Vastra" Hindi Granth Academy, 2011	
3	Susheda Dhantiyagi "Fundamentals of Textiles and their care" Orient Longman Ltd. 4 <sup>th</sup> edition 1983 Reprinted 1994	
4	Sara J. Radolph and Anna L. Lang Ford, Textiles, Prentice hall, New York, 2002.	
5	Gokarneshan U, Fabric Structure and Design, New age International Publishers 2004.	

Course Title:	Practical – I	Course Code HSC101P
Total Lecture hour 52		
	<ol style="list-style-type: none"> <li>1. Cooking methods. Cereals cookery- various preparations showing: (a) dextrinization, gelatinization (b) functions of starch in cereals (c) gluten formation and factors influencing its.</li> <li>2. Formation and (d) identification of the food grains</li> <li>3. Vegetable cookery: (a) effect of heat, acid an, alkali (b) use of vegetables with other foods.</li> <li>4. Milk and milk products in various preparation.</li> <li>5. Identification of nutrition problem prevalent in community using method of Nutritional Assessment-Nutritional Anthropometry, Clinical Examination, Dietary.</li> <li>6. Survey-24 hours recall method, Diet History.</li> <li>7. Nutrient rich dishes-Iron rich, Calcium rich, Vitamin A rich, Fiber rich diet.</li> <li>8. High protein foods, high calorie food to combat malnutrition. <ul style="list-style-type: none"> <li>• Preparation of suitable supplementary foods.</li> <li>• Plana diet for pregnant lady.</li> <li>• Plana diet for lactating mother.</li> <li>• Plan a diet for an infant.</li> <li>• Plana diet for a pre-schoolchild.</li> <li>• Plana diet for a school going child.</li> <li>• Plan a diet for an adolescent girl.</li> <li>• Plan a diet for an old person.</li> </ul> </li> <li>9. Plana diet for following disorders- <ul style="list-style-type: none"> <li>• Gastrointestinal-Diarrhoea, constipation</li> <li>• Acute fever, chronic fever</li> <li>• Liver disease and Gall bladder-Hepatitis</li> <li>• Cardio Vascular-Hypertension, Hyperlipidemia</li> <li>• r-. letaboliedisorder- Diabetes•</li> </ul> </li> </ol>	

  
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	<ul style="list-style-type: none"> <li>• Obesity</li> <li>• Underweight</li> </ul>	
<b>Reference Books:</b>		
1	Swaminathan, M. Essentials of food and nutrition, Ganesh and CO. Madras 1974	
2	Anita. F.P. Clinical Dietetics and Nutrition, Oxford University Press 1973.	
3	Agrawal, Gupta and Khuteta. Bhojan and Poshan, Ajmer Book Company, Jaipur 2001, Singh Vunda.	
4	Gupta. S., Seth, R., Khanna, K. and Mahna, R. Art and Science of Cooking-A Student's Manual, Blaze Publishers & Distributors Pvt Ltd. New Delhi 1991.	
5	Mathur, M., Goyle, A., Gupta, P. and Magon A. Book of Recipes. India Book House, Jaipur, 1995.	

<b>Course Title:</b>	<b>Practical – II</b>	<b>Course Code : HSC102P</b>
<b>Total Lecture hour 52</b>		
	<ol style="list-style-type: none"> <li>1. Planning and preparation of teaching aids and play material for nursery school/crèche and use of these aids in participation with children: <ul style="list-style-type: none"> <li>• Puppets</li> <li>• Posters</li> <li>• Flash Cards</li> <li>• Toys</li> <li>• Board games</li> <li>• Blocks</li> <li>• Paper craft</li> <li>• Books of Rhymes and Poems. (Any Five)</li> </ul> </li> <li>2. Plan, prepare and organize activity corners, storytelling sessions, music, dance, interactive games and hands on like <ul style="list-style-type: none"> <li>• Water play</li> <li>• Sand play</li> <li>• Picnics</li> <li>• Field trips</li> </ul> </li> <li>3. Visit to primary health Center, block level administrative office, Anganwadi Center, primary school (any one).</li> <li>4. (a) Visit to PHC to make observation of neonatal reflexes. (b) Visit to elderly homes for elderly interactions.</li> </ol>	
<b>Reference Books:</b>		
1	Chowdhury Paul, d. ( 1988) : Youth: Participation and development, New Delhi: Atmaram and Sons, Unit V, XII, XIV, XV, (Entire Book)	
2	Bermer, J.A. ( 1988): Introduction to early childhood Education	
3	Murlidharan, R. (1996). Guide to nursery school teacher. New Delhi NCERT	

  
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Course Title:	Practical – III	Course Code HSC103P
Total Lecture hour 52		Hours
Equipment and tools for measuring, marking, cutting, sewing and finishing. 1. Taking body measurements 2. Facts about fabrics- a) Importance & identification of grain. b) Identifying right & wrong side. c) Different widths of fabric. d) Types of thread and needle according to fabric 3. Drafting of Adult's Basic Bodice and Sleeve block 4. Drafting of different types of yokes, sleeves and collars using the bodice. 5. Block and sleeves blocks 6. Garment construction with above design features (at least any two in each garment) a) Child's-Gathered frock & night suit. b) Women's-Kurti and Salwari/Churidar and Nightwear 7. Survey of local market for collection of various fabrics samples Different fabric construction technique and Trimmings).		
Reference Books:		
1	Mathews Mary - Practical clothing construction I & II, cosmic press, Madras.	
2	Bane, A. (1974): Tailoring, McGraw Hill Publication, New Delhi.	
3	Savitri Pandit (1967): Manual for Children's Clothing, Orient Longman I. Gini Stephens Frings,	
4	Zarapkar K.R. System of Cutting, Navneet Publications India, 2005	

Course Title:	Gender in Extension and Development	Course Code HSC104T
Total Lecture hour 52		Hours
Unit I	<b>Gender and Development:</b> Concept of gender, gender roles, changing trends, gender analysis matrix; Shift from welfare to development and empowerment, gender in development, gender and development; National and international efforts for gender empowerment.	13
Unit II	<b>Status of Women:</b> Status- meaning, status of women-a situational analysis, demographic, education, employment, political and health (general, occupational and reproductive); Changing scenario.	13
Unit III	<b>Violence Against Women:</b> Dowry, divorce, female foeticide and infanticide, domestic violence, sexual harassment and exploitation, portrayal of women in mass media; Efforts for elimination of all forms of discrimination.	14
Unit IV	<b>Support System:</b> Role and functions of the Department of Women and Child Development, Central Social Welfare Board, State Social Welfare Boards, National Commission for Women, Women's Development Corporation.	12
Reference Books:		

  
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 Swati

  
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1	Desai, N and Pate, V., Indian Women: Change and Challenge in the International Decade.
2	Singh, Surendra and Srivastavam S.P. Gender Equality Through Women's Empowerment.
3	Strategies and Approaches.
4	Kant, Anjani- Women and the Law
5	Choudhary, D.Paul- Child Welfare and Development.

Course Title:	Entrepreneurship Management	Course Code HSC105T
Total Lecture hour 52		Hours
Unit I	<b>Entrepreneurship Management:</b> Concept, need and process of entrepreneurship development. Types of enterprise.	10
Unit II	<b>Role of Enterprise in National and Global Economy:</b> Government policies and schemes for enterprise development. Institutional support in enterprise development and management.	14
Unit III	<b>Entrepreneurship motivation and competency:</b> Important features of entrepreneurial personality. <b>Launching an enterprise:</b> Environment scanning, enterprise selection, market assessment	14
Unit IV	<b>Market economy:</b> Basic definitions, types of market, marketing mix, marketing environment Strategic Planning and Marketing steps: Product development, promotion and distribution.	14
<b>Reference Books:</b>		
1	Meredith, G.G. et.al. (1982) Practice of Entrepreneurship. ILO, Geneva	
2	Hirtich R.D. and Peters M.P. (1995): Entrepreneurship- Starting Developing and Managing a New Enterprise, Richard D. Irwin INC, U.S.A.	
3	Deacen, RE and Firebaugh, F.M. (1981): Resource Management Principles and Application, Allyn and Dacen and Bacen Bosten.	
4	Bedekar, S.J. (1991): Marketing- Concept and Strategies, Oxford University Press, Mumbai.	
5	Memores, C.B., Principles and Practice of Marketing in India, Kitab Mahal.	



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## Semester- II

Course Title:	Introduction to Basic Design	Course Code HSC201T
Total Lecture hour 40		Hours
Unit I	<p>1. Element of design</p> <p>Line: Types of line: straight and curved etc., Illusion of lines, Emotional significance,</p> <p>Form: Definition, Classification, Requirements of a good form</p> <p>Textures: Definition, Types: visual, tactile, Significance of texture</p> <p>Light: Types of light: natural and artificial, Emotional significance artificial lighting system,</p> <p>Shape and Space: Definition, Classification: open and close</p> <p>Pattern: Definition Motifs: naturalistic, stylized, abstract. Geometric, Characteristics of a good pattern</p> <p>Color: Introduction, Theories, Characteristics, Warm &amp; Cool colors, Tints &amp; shades, Color wheel, Color Schemes, Emotional effects of color</p>	15
Unit II	<p>Principles of design</p> <p>a. Balance: Definition, Types</p> <p>b. Rhythm: Definition, Ways of achieving rhythm: repetition of shapes, progression of size, continuous line movement, radiation</p> <p>c. Proportion: Definition, Scale</p> <p>d. Emphasis: Definition, Ways of achieving emphasis: grouping of objects, use of contrasting colour, use of decoration, use of back ground space, Where to place the emphasis: law of margin</p> <p>e. Harmony: Definition, Methods of achieving harmony: line &amp; shape, colour, ideas, size &amp; texture</p>	15
Unit III	<p>Application of design in home Management</p> <p><b>Element of design:</b> Line, Form, Textures, Light, Space, Pattern, Color</p> <p><b>Principle of design:</b> Balance, Rhythm, Proportion, Emphasis, Harmony</p> <p><b>Use of elements and principles of design in interiors of room:</b> Master's Bed room, Living room, Children bed room, Drawing room, Bath room, Kitchen</p>	12
Unit IV	<ul style="list-style-type: none"> <li>• Elements and principles of art applied in textile designing</li> <li>• Effects and function of elements and principles of art in dress, Design selection in relation to figure, complexion climates, occasion and fashion. Concept of Repeat in Design</li> <li>• Types of Repeats: Plain, Vertical, Horizontal, Twill, Mirror, Half step, All over</li> <li>• Layout of design - pattern repeat, drop devices and bases,</li> <li>• Special considerations in design selection and layout of pattern - stripes, checks, plaids, prints.</li> <li>• Colour &amp; colour schemes, Psychological effects of colour, Importance of colour, Study of colour theories, colour wheel, colour in clothing.</li> </ul>	10

  
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Reference Books:	
1	E & OE. " Planning -The architects Handbook"
2	Deshpande (1991), Build Your Homes, United Book Corporation, Puna.
3	Agan Tessie (1986), The House Its Plan And Use, Oxford and IBH publishing company, New Delhi.
4	Gillat Iv1. & Goldstein V. (1967); Art Evelyday Life, Oxford & IBH publishing Co., New Delhi.
5	Prakash, Traditional Indian Motifs, The Design Point, Bombay.

Course Title:	Extension Education	Course Code HSC202T
Total Lecture hour 40		Hours
Unit I	Introduction to communication <ul style="list-style-type: none"> <li>• Origin, Concept, definition, nature of communication</li> <li>• Models of communication</li> <li>• Levels of communication</li> <li>• Effective communication- Frame of reference, perception, fidelity, communication gap; time lag, empathy, homophily, heterophily.</li> <li>• Functions of communication</li> <li>• Communication media and Technology</li> <li>• Classification of media</li> <li>• Selection of appropriate media</li> <li>• Production and use of selected media in Home Science</li> <li>• Writing scripts for radio talk, television talk, puppet play, street play</li> <li>• Writing for newspapers, magazine</li> </ul>	18
Unit II	Developmental communication <ul style="list-style-type: none"> <li>• Problems in Development and grass root participation (need and participation)</li> <li>• Development communication strategies for grass root mobilization</li> </ul>	10
Unit III	Importance of leadership in developmental communication. <ul style="list-style-type: none"> <li>• Understanding the role of traditional and modern media in developmental communication.</li> <li>• Participatory approach in developmental communication - communication process.</li> <li>• Elements of communication.</li> <li>• Principle of effective communication</li> <li>• Channels of communication</li> <li>• Problems of communication (related to the colrunicator, message receiver and other factors).</li> </ul>	14
Unit IV	Appropriate technology for women <ul style="list-style-type: none"> <li>• Role and status of women in rural development</li> <li>• Approach and methods of socio economic analysis- PRA and RRA</li> <li>• Need of appropriate technology for women</li> </ul>	10

  
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	● Transfer of technology and factors affecting TOT ,TOT process and improvement	
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**Reference Books:**

1	Benjamin James: Communication Concepts and Contexts, 1986
2	Berlo, D.K.: The Process of Communicating-An Introduction to Theory and Practical, 1960, New York, Henry Holl and Company
3	Chopra, K., Kaukodi, G.K., & Murty, rvt.N.: Participatory Development, 1990. Sagar Publication
4	Dhama, O.P. & Bhatnagar, O.P.: Education and Communication for Development, 1987
5	Ray, G.L., Extension Communication and management, 1999, Nays Prakashan, Calcutta

Course Title:	Family Resource Management	Course Code:HSC203T
Total Lecture hours 52		
Unit 1:	<b>Concept of Home Management:</b> Definition and philosophy: Role of Home Management in family living; Elements involved in management process planning, controlling and evaluation. <b>Principles of Home Management:</b> Human values, family and individual goals and standards. <b>Home management</b> Change, study of existing conditions hindering the improvement of home management	13
Unit II:	<b>Management as a system</b> a) Definition and elements of general system theory b) Advantage and limitation of system approach c) Comparison of linear and system thinking <b>Family resources management.</b> Classification, Characteristics of resources;Objectives and principles of use of resources ,Factors affecting family resources, Methods of maximize the utilization of resources <b>Money and Time Management:</b> Importance of time management, wise use of time through proper planning, Bringing leisure time under use Money as a resource, Family income-sources and type, Budgeting -planing of budget, steps in budgeting, purpose and nature of household financial records: Saving-Need, saving option, saving through investment	14
Unit III:	<b>Energy Management;</b> concept, need,and principles <b>Ergonomics:</b> Definition, Scope of Ergonomics in home, Nature of work in household Human Body and Work: Physiology of Neuro-muscular	13

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	function in relation to ergonomics; Physiological factors in muscle work, Physical work capacity: <b>Work Simplification</b> ; Meaning and importance of work simplification ,Principles and techniques of work simplification Wrong works practices	
<b>Unit IV:</b>	<b>Consumer:</b> meaning, characteristics and classification, factors influencing consumer's demand Consumer's standard of living: factors influencing standard of living Market: meaning, function and types <b>Consumer education:</b> meaning, scope and need <b>Factors influencing consumer's choice:</b> custom fashion advertisement and variety of goods Problems of consumer buymanship and consumer protection <b>Standardization and grading</b>	12
<b>References:</b>		
An Introduction to Family Resource Management, Premavathy Seetharaman, Sonia Batra and Preeti Mehra, CBS Publishers and Distributors		
Economics of the household, B A Drew, Mc Millan company, New York		
Consumer Economics, Dr. Richard, Irwin, Illinois (1983)		
Introduction to Home Management by Bettye B: Swanson, Macmillan Publishing Company		
Home-Today & Tomorrow by Ruth F. Sherwood.		
Management for Modern families by Gross Grandall, Knoll Prentice Hall, International INC, Englewood, New Jersey		
Grih Prabhant by Manju Patni 6. Grih Prabandh and Grih Vyavastha by Brinda Singh		

Course Title	Practical-I	Course Code- HSC201P
Total Lecture hours 52		

  
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	<p>Contents-</p> <ol style="list-style-type: none"> <li>1. Drawing of color wheel.</li> <li>2. Drawing of color Schemes.</li> <li>3. Drawing of Tints and Shade Chart</li> <li>4. Drawing various types of furniture for all the room of house.</li> </ol> <p>Selection of color scheme in rooms-</p> <ol style="list-style-type: none"> <li>a) Master's bed room</li> <li>b) Children's bed room</li> <li>c) Living room</li> <li>d) Dining room</li> <li>e) Drawing room</li> </ol> <p>f) Kitchen</p> <ol style="list-style-type: none"> <li>5. Application of principles in interior decoration drawing each one of them Principles of design -             <ol style="list-style-type: none"> <li>a) Balance</li> <li>b) Rhythm</li> <li>c) Proportion</li> <li>d) Emphasis</li> <li>e) Harmony</li> </ol> </li> </ol> <p>Make a scrap book with following motif types using fabric specimens:</p> <ul style="list-style-type: none"> <li>• Abstract</li> <li>• Geometrical</li> <li>• Natural</li> <li>• Stylized</li> <li>• Traditional</li> </ul> <p>Creating designs with units like flowers, alphabets</p> <ul style="list-style-type: none"> <li>• Development of motif</li> <li>• Enlargement &amp; reduction of motifs</li> <li>• Concept of design repeat, layout</li> <li>• Development of design sheets for home textiles: Table Linens (runner, napkin, table cloth)</li> </ul> <p>Developing designs for decorating fabrics for various end uses using traditional motifs and different techniques of tie and dye</p> <ul style="list-style-type: none"> <li>• Marbling</li> <li>• Pleating and Binding</li> <li>• Folding</li> <li>• Bandhani</li> <li>• Laheria</li> <li>• Tritik/Shibori</li> </ul>	
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Course Title:	Practical – II	Course Code HSC202P
Total Lecture hour 52		Hours
	<p>Contents-</p> <ul style="list-style-type: none"> <li>• Writing script for one of the media referred in theory</li> <li>• Production of selected media in Home Science Extension</li> </ul>	

  
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	<ul style="list-style-type: none"> <li>a communication</li> <li>• Pre-testing of the selected media</li> <li>• Use of Selected media in the field</li> <li>• Developing skill in any of the folk media</li> <li>• News and report writing of programme for farm/slum, women</li> </ul>	
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Course Title:	Practical – III	Course Code HSC203P
Total Lecture hour 52		
<b>Contents:</b> <ol style="list-style-type: none"> <li>Project work on money management: <ul style="list-style-type: none"> <li>How to open various accounts in the bank.</li> <li>Filling up of slips/forms of bank and post office. <ol style="list-style-type: none"> <li>Application for draft</li> <li>Cheques</li> <li>Withdrawal slip</li> <li>Money order form</li> <li>Application for housing loan</li> </ol> </li> </ul> </li> <li>Floor decoration: Alpana, Rangoli &amp; Mandana</li> <li>Flower arrangement: fresh and dry arrangements.</li> <li>Table setting</li> <li>Best out of waste (one article)</li> <li>Cleaning of wood, stone, tiles, metal &amp; glass.</li> <li>House plans: <ul style="list-style-type: none"> <li>for various income groups (LIG, MIG, HIG) <ol style="list-style-type: none"> <li>Drawing of architectural symbols of house plan</li> <li>Architectural symbols of electricity plan</li> <li>Furniture symbols</li> </ol> </li> <li>Rooms (making any one paper model): Drawing Room, Dining cum leaving room, Children study room, Bed room, Pooja Room</li> <li>Kitchen planning (making any one paper model) <ol style="list-style-type: none"> <li>One wall</li> <li>Two wall</li> <li>L shape</li> <li>U shape</li> </ol> </li> </ul> </li> </ol>		

Course Title:	Fashion Designing	Course Code HSC204T
Total Lecture hour 52		
Unit I	Fashion: Definition, history, elements, terminology, cycle, factors affecting fashion, fashion sources, fashion trends in India and abroad. Principles and elements of art in dress designing.	Hours 13
Unit II	Anthropometrical Measurement: Concept, importance, technique and precautions.	14

  
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 Pooja  
  
 Shweta

  
 Pooja

	Pattern Making: Methods of drafting, draping, flat pattern, techniques and uses.	
Unit III	Commercial Pattern: Concept, selection, and use of commercial pattern. Selection of Fabrics: Factors affecting selection of fabric for different garments. Calculating quantity of fabric needed for different garments.	13
Unit IV	Layout Planning: Definition, types of layout, economy of fabric in placing patterns, adjusting fabric to pattern Fitting: Good fit - definition, principles and clues for good fit (ease, line, grain, set and balance)	12
Reference Books:		
1	A bling bina, Fashion Sketch Book, Fairchild Publishers, New York	
2	Seaman Julian - Professional Fashion illustration, B.T. Batsford, London	
3	Tata, S.L. & Edwards, M.S. - The complete book of fashion illustrations, New York, Harper & Row Publications.	
4	Jethwancy, J.N. 1999 - Advertising, Phoenix Publishing House Pvt. Ltd.	
5	Roundey N. & Mair, D.- Strategies for Technical Communication, Little Brown & Co., Boston, Toronto	

Course Title:	Community Health Management	Course Code HSC205T
Total Lecture hour	52	
Unit I	Concept of Health and Health Care: Concepts of health and positive health, definitions of health; Health - factors affecting health, health as a human right; Concept of community health and global health, health for all; Primary health care - definitions, principles, components, comprehensive health care, levels of prevention, concept of reproductive health.	Hours 15
Unit II	Health and Development Indices: Health indices and related indices in community health, fertility indicators, demographic indicators - sex ratio, social and mental health indicators; Human Development Index; Reproductive Health Index.	15
Unit III	Management of Information System in Health Sector: Health surveys; Monitoring health; Health regulations and acts; health legislations; Census; Evaluation of health services. Ecology and Environment: Cause, effects and prevention of global warming; Concept of natural and man-made disasters	11
Unit IV	Health Care Services: Health administrative set up - state, national, urban, rural, private; Role of NGOs in health services; Importance of National Health Programmes; Child survival and safe motherhood; Importance of Child Health and related programmes; Health in relation to community development; Important National and International Health Agencies; Health Information, education, communication.	11
Reference Books:		
1	Mangatt, A.N. and Bomen, S.C.- Social Service and Mental Health	
2	Dak, T.M.- Sociology of Health in India	
3	Smolenske- Principles of Community Health.	
4	Suchman, E.H.- Sociology in the Field of Public Health.	

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