



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

Syllabus

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

M.A.Home Science

Effective from Academic Year 2025-2026 Onwards

I & II Semester

As per NEP 2020

अध्यक्ष

द्वारा

Vindya Sharma

प्रोफेसर

प्रभारी

प्रभारी अकादमिक प्रथम

M.A. I & II Semester

Session 2025-26

(Summary Table)

Year Wise	Particular Course Discipline	Course Type	Credit Details		Total (I+II)
			Semester (I) Odd	Semester (II) Even	
I Year (Previous)	Centric Core Paper-I	Major	4	4	8
	Centric Core Paper-II	Major	4	4	8
	Centric Core Elective Paper-III	Major	4	4	8
	Centric Core Elective Paper-IV	Major	4	4	4
	Practical Paper	Major	4	4	8
	Introduction to Research Methodology	Major	---	---	4
	Skill Enhancement Course (SEC)	Major /Minor	4	4	4
	Interdisciplinary Elective Course (IEC)	Major /Minor	---	---	4
	Total Semester Wise Credit		24	24	48

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Curriculum Structure													
Session 2025-2026 onwards													
Name of the Programme: M.A. Home Science													
Year: First						Semester: I (A)							
	Course Code	Course Title	Contact Hrs. Per Week				Weightage (%)						
			L	T	P	Credits	CWS	MTE	ETE	Max Marks			
Semester-I	Discipline Specific Core (DSC):												
	HSE10101-T	Advanced Nutrition and Food Science (CC)	0	0	0	4	10	10	80	100			
	HSC10102-T	Human Development (CC)	0	0	0	4	10	10	80	100			
	HSC10103-P	Practical-II (CC)	0	0	0	4	0	20	80	100			
	Discipline Specific Elective (DSE) (CE)												
	HSC10104-T	Textiles fibres and their properties	0	0	0	4	10	10	80	100			
	HSC10105-T	Gender in Extension and Development	0	0	0	4	10	10	80	100			
	(CE) OR												
	HSC10106-T	Entrepreneurship Management	0	0	0	4	10	10	80	100			
	Skill Enhancement Course (SEC)												
HSC10107-T	Computer Basics and Cyber Safety	0	0	0	4	10	10	80	100				
Total									24				600
Summary: I Semester													
S.N.	Particulars									Credits			
1	Discipline Specific Core (DSC):									08			
2	Discipline Specific Elective (DSE):									08			
3	Practical									04			
4	Skill Enhancement Course (SEC)									04			
Total									24				

प्रमारी अकादमिक प्रथम

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Curriculum Structure

Session 2025-2026 onwards

Name of the Programme: M.A. Home Science

Year: First

Semester: II (B)

Semester-II	Course Code	Course Title	Contact Hrs. Per Week				Weightage (%) Assignment, Field Visit				Max Marks
			L	T	P	Credits	CWS	MTE	ETE		
	Discipline Specific Core (DSC):										
	HSC-10201-T	Introduction to Basic Design	0	0	0	4	10	10	80	100	
	HSC-10202-T	Extension Education	0	0	0	4	10	10	80	100	
		Discipline Specific Elective (DSE): (CE)									
	HSC-10203-T	Family Resource Management	0	0	0	4	10	10	80	100	
	HSC-10204-P	Practical-III	0	0	0	4	5	15	80	100	
	Interdisciplinary Course (IEC)										
	IEC-10205-T	Management of Health & Fitness	0	0	0	4	10	10	80	100	
	HSC-10206-T	Introduction to Research Methodology	0	0	0	4	10	10	80	100	
		Total				24				600	

Summary: II Semester

S.N.	Particulars	Credits
1	Discipline Specific Core (DSC):	08
2	Discipline Specific Elective (DSE):	04
3	Seminar/Internship/Dissertation (DSC):	04
4	Interdisciplinary Course (IEC)	04
5	Introduction to Research Methodology	04
	Total	24
SCW (Class work): It would include attendance, assignments, class test/quiz test/assignments, ppt, play, learn by fun activities etc.		

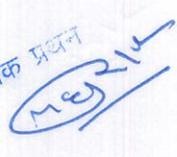


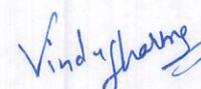
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**M.A. Home Science
Semester-I**

Course Title:	Advanced Nutrition and Food Science	Course Code HSC-10101
Total Lecture hour 52		HSC-10101/T
Unit I	1. Nutritional recruitment 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 g) Structure and function of different organs h) Digestion, absorption of carbohydrates, proteins, fats and Vitamins	Hours 14
Unit II	4. Etiological, Clinical feature 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) HIV/AIDS.	15
Unit III	Health Implications of junk foods, processed foods and convenience foods. Function of foods: physiological and non-physiological. Cooking methods; types, merits and demerits.	10
Unit IV	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.	13
Reference Books:		
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. 3rd ED CBS Publishers and Distributors, Delhi, 1987.	

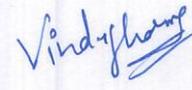

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 विन्दि्या

 प्रदीप

Course Title:	Human Development	Course Code HSG-10102-J
Total Lecture hour 52		Hours
Unit I	<ul style="list-style-type: none"> 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 sigmund Freud, psycho social theory of Erik Erickson and Piagets cognitive development theory of sensory motor and pre - operational stage. 	15
Unit II	<ul style="list-style-type: none"> Developmental Tasks. Significance of early years, physical, Motor, Social, Emotional and language development in early, middle and late childhood. Theoretical contribution 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	<ul style="list-style-type: none"> Adolescence: Development tasks, physical, emotional, Social, speech and Intellectual development, Moral Development (Kohlberg's Moral Theory) Puberty and Pubertal Changes, sexual Maturity. Theoretical contribution of Erickson, Piaget and Freud in understanding development. Challenges, adjustment and development tasks of early, middle and late adulthood. 	13
Unit IV	<ul style="list-style-type: none"> Theoretical understanding of adulthood, with reference to Erikson and Freud. Significant issues in adulthood: Live-In-Relationship, Being Single, Divorce, Remarriage, 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
Reference Books:		
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 (9th Ed.). Tata Mc Graw-Hill Publishing Company Ltd. New Delhi.	
5.	Moorjani J; Narang D & Manika (2009). Bal Vikas Ka Manovigyan, Shri Kavita Prakashan	


 प्रभारी अकादमिक प्रेम



Course Title:	Textiles fibres and their properties	Course Code HSC10103-T
Total Lecture hour 52		Hours
Unit I	Textiles fibres and their properties <ul style="list-style-type: none"> • Classification of fibers • Primary and secondary properties of textiles fibers. • Manufacturing process, properties and use of following fibers Cotton, Jute, Silk, Wool, Rayon, Polyester, and Polyamide. Yarn construction <ul style="list-style-type: none"> • Basic principles of yam making - Mechanical spinning (cotton spinning), Chemical spinning Wet, Dry, and Melt. • Types of yarns - Simple, Novelty and Textured yarns. • Yarn Twist and Yarn Numbering system 	14
Unit II	Fabric Construction Methods <ul style="list-style-type: none"> • Weaving. Knitting, Braiding, Lacing and Netting. • Weaving Types of hand looms, parts of a loom, stages in weaving, process. • Classification and construction of basic weaves: plain, twill & satin. • Fabrics made from fibers Pelting and Bonding. Finishing <ul style="list-style-type: none"> • Definition and importance of finishing. • Classification of finishes. • Preparatory Process Bleaching, Desiring, Tendering, Scouring and • Mechanical finishes Sizing, Singeing, Mercerization, Napping, Embossing and Calendaring. • Functional finishes Wash and wear, Wrinkle resistant, Water resistant and repellent, Flame Retardant, Soil Repellent, Mothproof and Anti-static. 	15
Unit III	Recent developments in textiles <ul style="list-style-type: none"> • Nonwoven textiles. • Technical Textiles- Meaning, classification, manufacturing techniques and future scenario. • Smart textiles - Factors affecting the selection and uses. • Various denim finishes: Bio-polishing, bio-washing and softening finishes, Eco-friendly finishing with enzymes. 	12
Unit IV	Apparel Selection & Care <ul style="list-style-type: none"> • Selection of suitable fabrics and garments for Age infants, toddlers, pre-school children, school going children, adolescents. • Climate, occasion, occupation, fashion, figure. • Clothing for people with special needs: maternity and lactation, old age and physically challenged. • Selection of readymade garments • Appearance Size, design, line and colors, Fabric - Durability, ease of care. • Workmanship-Cutting, sewing, finishing, cost and fitting. 	11
Reference Books:		
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 Dhantyagi "Fundamentals of Textiles and their care" Orient Longman Ltd.4th 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.	

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प्राप्त

Course Title:	Practical II	Course Code HSC1010A - P
Total Lecture hour 52		Hours
<p>1. Planning and preparation of teaching aids and play material for nursery school/crèche and use of these aids in participation with children:</p> <ul style="list-style-type: none"> • Puppets • Posters • Flash Cards • Toys • Board games • Blocks • Paper craft • Books of Rhymes and Poems. (Any Five) <p>2. Plan, prepare and organize activity corners, storytelling sessions, music, dance, interactive games and hands on like</p> <ul style="list-style-type: none"> • Water play • Sand play • Picnics • Field trips <p>3. Visit to primary health Center, block level administrative office, Anganwadi Center, primary school (any one).</p> <p>4. (a) Visit to PHC to make observation of neonatal reflexes. (b) Visit to elderly homes for elderly interactions.</p>		
Reference Books:		
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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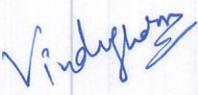
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Course Title:	Gender in Extension and Development		Course Code
Total Lecture hour 52			HSC10105-7 Hours
Unit I	Gender and Development: Concept of gender, gender roles, changing trends, gender analysis matrix; Shift from welfare to development and empowerment, gender in development, gender and development; National and international efforts for gender empowerment.	13	
Unit II	Status of Women: Status- meaning, status of women-a situational analysis, demographic, education, employment, political and health (general, occupational and reproductive); Changing scenario.	13	
Unit III	Violence Against Women: 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	Support System: 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:			
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.		







प्रभारी अकादमिक प्रथम

Course Title:	Entrepreneurship Management		Course Code HSC10106-T
Total Lecture hour 52			Hours
Unit I	Entrepreneurship Management: Concept, need and process of entrepreneurship development. Types of enterprise.		10
Unit II	Role of Enterprise in National and Global Economy: Government policies and schemes for enterprise development. Institutional support in enterprise development and management.		14
Unit III	Entrepreneurship motivation and competency: Important features of entrepreneurial personality. Launching an enterprise: Environment scanning, enterprise selection, market assessment		14
Unit IV	Market economy: Basic definitions, types of market, marketing mix, marketing environment Strategic Planning and Marketing steps: Product development, promotion and distribution.		14
Reference Books:			
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.		






 प्रभासी अकादमिक प्रधा.

Semester-II

Course Title:	Introduction of Basic Design	Course Code HSC-10201-7
Total Lecture hour 40		Hours
Unit I	1. Element of design Line: Types of line: straight and curved etc., Illusion of lines, Emotional significance, Form: Definition, Classification, Requirements of a good form Textures: Definition, Types: visual, tactile, Significance of texture Light: Types of light: natural and artificial, Emotional significance artificial lighting system, Shape and Space: Definition, Classification: open and close Pattern: Definition Motifs: naturalistic, stylized, abstract. Geometric, Characteristics of a good pattern Color: Introduction, Theories, Characteristics, Warm & Cool colors, Tints & shades, Color wheel, Color Schemes, Emotional effects of color	15
Unit II	Principles of design a. Balance: Definition, Types b. Rhythm: Definition, Ways of achieving rhythm: repetition of shapes, progression of size, continuous line movement, radiation c. Proportion: Definition, Scale 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 e. Harmony: Definition, Methods of achieving harmony: line & shape, colour, ideas, size & texture	15
Unit III	Application of design in home Management Element of design: Line, Form, Textures, Light, Space, Pattern, Color Principle of design: Balance, Rhythm, Proportion, Emphasis, Harmony Use of elements and principles of design in interiors of room: Master's Bed room, Living room, Children bed room, Drawing room, Bath room, Kitchen	12
Unit IV	<ul style="list-style-type: none"> • Elements and principles of art applied in textile designing • 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 • Types of Repeats: Plain, Vertical, Horizontal, Twill, Mirror, Half step, All over • Layout of design - pattern repeat, drop devices and bases, • Special considerations in design selection and layout of pattern - stripes, checks, plaids, prints. • Colour & colour schemes, Psychological effects of colour, Importance of colour, Study of colour theories, colour wheel, colour in clothing. 	10
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.	

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Course Title:	Extension Education	Course Code
Total Lecture hour 40		HSC-10202-7 Hours
Unit I	Introduction to communication <ul style="list-style-type: none"> • Origin, Concept, definition, nature of communication • Models of communication • Levels of communication • Effective communication- Frame of reference, perception, fidelity, communication gap, time lag, empathy, homophily, heterophily. • Functions of communication • Communication media and Technology • Classification of media • Selection of appropriate media • Production and use of selected media in Home Science • Writing scripts for radio talk, television talk, puppet play, street play. • Writing for newspapers, magazine 	18
Unit II	Developmental communication <ul style="list-style-type: none"> • Problems in Development and grass root participation (need and participation) • Development communication strategies for grass root mobilization 	10
Unit III	Importance of leadership in developmental communication. <ul style="list-style-type: none"> • Understanding the role of traditional and modern media in developmental communication. • Participatory approach in developmental communication communication process, • Elements of communication. • Principle of effective communication • Channels of communication • Problems of communication (related to the colrunicator, message receiver and other factors). 	14
Unit IV	Appropriate technology for women <ul style="list-style-type: none"> • Role and status of women in rural development • Approach and methods of socio economic analysis- PRA and RRA • Need of appropriate technology for women • Transfer of technology and factors affecting TOT • TOT process and improvement 	10
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	

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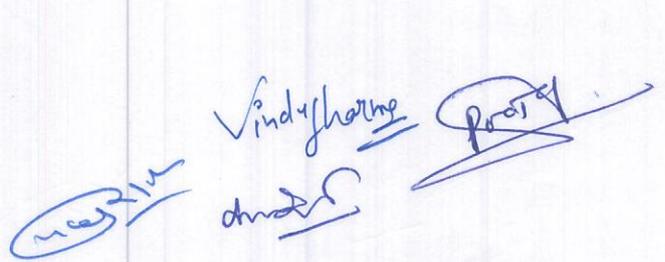
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Course Title:	Family Resource Management	Course Code
Total Lecture hour	40	HSC-10203-T Hours
Unit I	<p>Concept of Home Management: Definition and philosophy; Role of Home Management in family living; Elements involved in management process planning, controlling and evaluation.</p> <p>Principles of Home Management: Human values, family and individual goals and standards.</p> <p>Home management Change, study of existing conditions hindering the improvement of home management</p>	13
Unit II	<p>Management as a system</p> <p>a) Definition and elements of general system theory b) Advantage and limitation of system approach c) Comparison of linear and system thinking</p> <p>Family resources management. Classification, Characteristics of resources; Objectives and principles of use of resources Factors affecting family resources, Methods of maximize the utilization of resources</p> <p>Money and Time Management: Importance of time management, wise use of time through proper planning, Family income-sources and type, Budgeting-planning of budget, steps in budgeting, purpose and nature of household financial records; Saving-Need, saving option, saving through investments</p>	14
Unit III	<p>Energy Management; concept, need and principles</p> <p>Ergonomics: Definition, Scope of Ergonomics in home, Nature of work in household Human Body and Work: Physiology of Neuro-muscular function in relation to ergonomics; Physiological factors in in muscle work, Physical work capacity;</p> <p>Work Simplification; Meaning and importance of work simplification, Principles and techniques of work simplification Wrong works practices</p>	13
Unit IV	<p>Consumer: meaning, characteristics and classification, factors Influencing consumer's demand</p> <p>Consumer's standard of living: factors influencing standard of living</p> <p>Market: meaning, function and types</p> <p>Consumer education: meaning, scope and need</p> <p>Factors Influencing consumer's choice: custom fashion advertisement and variety of goods</p> <p>Problems to consumer buymanship and consumer protection</p> <p>Standardization and grading</p>	12
Reference Books:		
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 Betty 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 Prabanth by Manju Patni 6. Grih Prabandh and Grih Vyavastha by Brinda Singh.		



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Course Title:	PRACTICAL III	Course Code
	Total Lecture hour 52	HSC-10204P P
	<p>Contents:</p> <ol style="list-style-type: none"> 1. Project work on money management: <ul style="list-style-type: none"> • How to open various accounts in the bank. • Filling up of slips/forms of bank and post office. i Cheques ii. . Application for draft iii. Withdrawal slip iv. Money order form v. Application for housing loan 2. Floor decoration: Alpana, Rangoli & Mandana 3. Flower arrangement: fresh and dry arrangements. 4. Table setting 5. Best out of waste (one article) 6. Cleaning of wood, stone, tiles, metal & glass. 7. House plans: for various income groups (LIG, MIG, HIG) <ol style="list-style-type: none"> i. Drawing of architectural symbols of house plan ii. Architectural symbols of electricity plan iii. Furniture symbols 8. Rooms (making any one paper model): Drawing Room, Dining cum leaving room, Children study room, Bed room, Pooja Room 9. Kitchen planning (making any one paper model) <ol style="list-style-type: none"> i. One wall ii. Two wall iii. L shape iv. U shape 	

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Course Title:	Management of Health & Fitness	Course Code
Total Lecture hour 40		1ECA0205-7
Unit I	Unit I: I. Definition and components of health and fitness a. (a Anatomical fitness b. (b physiological fitness c. (c psychological fitness II. Holistic approach to the management of fitness and health; Energy input/output, physical fitness health and nutrition inter relationship.	Hours
		13
Unit II	Review of different energy systems for endurance and power activity. (a Endurance; Definition, classification of endurance and factors affecting it. (b Nutrition in sports; sports specific requirements (c Pre game and post game meals. (d Differentnutragenie aids and commercial supplements. Effect of junk food, fast food and alcoholic drinks and their alternative uses.Effect of smoking, alcohol addiction on health during adulthood and dietary treatment. Water and electrolyte balance; effect of dehydration	12
Unit III	Alternative systems for health and fitness like Ayurveda, Yoga, Meditation, Vegetarianism and Balanced diet. Nutrition and exercise regimes for underweight and overweight. Defining nutritional goals /guidelines appropriate to health, prevention and management of the chronic degenerative disorders (a Cardiovascular disorders.(b Diabetes Mellitus Nutrition and exercise regimes for pre and post natal fitness. Beginning Workout Plan Conditioning Exercise, Specific Exercise ,Stretching Exercise ,General Exercise ---- a) Warming Up and Cooling Down:- b) Exercise for Fitness with Machines. Gym Exercise Regime: Aerobic Exercises: walking, running and jogging Anaerobic Exercises, Weight Training /Circuit Training/ Flexibility Training / Weight Loss Training /,Weight Gain & Figure Correction Training / , Abdominal assistants	13
Unit IV	Dietary supplements and Ergogenic aids: Definitions, types and use of different Ergogenic Meaning, Philosophy, aims and objectives of Yoga. Types of Yoga - Raja Yoga, Mantra Yoga, Bhakti Yoga, Karma Yoga and Laya Yoga and their approaches leading to their goal. Meaning and Philosophy of Asthanga Yoga: Its eight steps - Yama, Niyama, Asana, Pranayama, Pratyahar, Dharma Dhyana, Samadhi, Role and mode of practice of each step in the attainment of goal, their psycho-physiological effects of human organizer. Asana - their major classification: I. Meditative II. Relaxative and III. Cultural Psycho-physiological effects of each category of asanas in general - techniques and benefits of the following Asanas: Bhujanga, Shalabha, Dhanush, Hal. Matsya, Ushtra, Paschimottan, Vakra. Ardhmatsyendra, Chakra, Standing, baka, Mayur, Padma, Sidha, Makar Shava, Vajra and Supta Vajra Pranayama - Meaning, techniques and benefits of the following pranayamas I. Suryabhedan II. Ujjai III. Bhastrika	14
Reference Books:		
(1) Jason Scott,B. Strength Training Diet and Nutrition;7Key Things to Create the Right Strength Training Diet Plan for You, WeightA Bit, ISBN,2013		
(2) Hunter.F,Meredith Sheena and Mason P. ,Foods That Harm,Foods That Heal, Readers Digest Association, ISBN, 2007		

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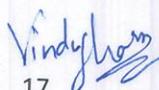
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प्रमारी अकादमिक प्रथम

Course Title:	Research Methodology (Theory)		Course Code
Total Lecture hour 40			IRM-10206-T
Unit I	Introduction to Research PERIODS 1. Meaning, purpose, approaches and scope in various field of Home Science 2. Types of Research 3. Selection of Research problem: need, relevance and feasibility 4. Research Design: meaning, purpose and criteria (Experimental and Observational) 5. Quantitative and Qualitative approaches		Hours 13
Unit II	Research Process 6. Planning the Research 7. Defining the Research problem 8. Research Objectives: Definition and formulation of hypothesis/objectives 9. Review of related literature 10. Basics of Sampling: Sampling vs. Complete Enumeration Objectives, Principles and Limitations of sampling, Sampling Techniques, Size and Error		12
Unit III	11. Data Collection Tools Primary and Secondary Data 13. Methods and Tools in Data Collection (Schedule, Questionnaire, Interview, Case Study Method etc.) Measurement and Scaling Techniques Validity, Reliability, Sensitivity of Data Collection Tools.		13
Unit IV	Report Writing 15. Summary, Conclusion and Recommendations 16. Writing References 17. Writing Process of Research Report: Formal Style of writing. Preface, Headings, Tables and Figures, Appendices, Bibliography and Acknowledgement References: 1. C. R. Kothari: Research Methodology- Method and Techniques 2. R. Kumar: Research Methodology: A step by Step Guide for Beginners 3. M. H. Gopal: Introduction to Research Methodology for Social Sciences		14
Reference Books:			
1. C. R. Kothari: Research Methodology- Method and Techniques 2. R. Kumar: Research Methodology: A step by Step Guide for Beginners 3. M. H. Gopal: Introduction to Research Methodology for Social Sciences			



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