

# **Syllabus**

## **M.A. Home Science**

**Previous – 2014-2015**

**Final – 2015-2016**

### **MASTER OF ARTS GENERAL INFORMATION FOR STUDENTS**

The examination for the degree of M. A. Home Science will consist of two examinations: (i) The Previous Examination, and (ii) The Final Examination

The examination will be through theory papers/practicals. Pass marks for the previous and final examinations are 36% of the aggregate marks in all the theory papers and practicals and not less than 25% marks in an individual theory paper and 36% marks in practical exam. A candidate is required to pass in the written and the practical examinations separately. Successful candidates will be placed in the following division on the basis of the total marks obtained in previous and final examinations taken together.

First division 60% Second division 48% and Third division 36%

No student will be permitted to register himself/herself simultaneously for more than one post-graduate course.

#### **ATTENDANCE**

1. For all regular candidates in the faculties of Arts, Education and Social Sciences, Science, Law and Commerce the minimum attendance requirement should be that a candidate should have attended at least 75% of the lectures delivered and tutorials held taken together from the date of her/his admission
  2. The shortage of attendance up to the limits specified below may be condoned
    - i. Up to 3% of the total
      - a) Lectures delivered and tutorials held (taken together) , and
      - b) Practicals or Practicals and Sessionals subject-wise condonable by the Dean/Director/Principal on the recommendation of the Department concerned
    - ii. Up to 6% including
      - a) Above by the Syndicate on the recommendation of the Dean/Director/Principal.
    - iii. Up to further 5% attendance in all subjects/papers/practicals and sessionals (taken together) by the Vice-Chancellor in special cases, on the recommendation of the Dean/Director/Principal.
  3. The N.C.C. cadets sent out to parades and camps and such students who are deputed by the University to take part in games, athletics or cultural activities may, for purpose of attendance, be treated as present for the days of their absence in connection with the aforesaid activities and that period shall be added to their total attendance subject to the maximum of 20 days.
  4. Advantage of fraction while calculating the attendance, shall be given to the candidate.
- Special Information for M. A . Home Science.
- a. Eligibility: B.Sc., B. A. and B. Com.
  - b. Admission : As per University rules-merit basis
  - c. M. A. (Previous): Four Theory papers and Four Practicals
  - d. M.A. (Final) : Four Theory papers and Four Practicals
  - e. A board of examiners will be formed for practical examinations.  
Board will comprise of one internal examiner and one external examiner.

### Examination Scheme

**In all the classes, the Question Paper for the examination will be divided in three parts i.e.**

**Section – A, Section – B and Section – C**

**Section – A:** will consist of 10 compulsory questions. There will be two questions from each unit and answer of each question shall be limited up to 30 words.

**Section – B:** will consist of 10 questions. Two questions from each unit and students will answer one question from each unit. Answer of each question shall be limited up to 250 words.

**Section – C:** Will consist of total 5 questions. There will be one question from each unit and students will answer any 03 questions and answer of each question shall be limited up to 500 words.

Section wise distribution of marks is given below-

Total marks	Section- A	Section-B	Section -C
70	1.5X10	5X5	10X3
75	2X10	5X5	10X3
100	2X10	7X5	15X3

### Teaching and Examination Scheme

#### M. A. Previous (Home Science)

Paper & Practicals	Maximum Marks Theory/Practical	Duration of Examination	Period/ P/W
I Extension Education & Research Methods	75	3 Hours	6
Practical	50	3 Hours	3
II Food & Nutrition (I)	75	3 Hours	6
Practical	50	3 Hours	3
III Advanced Human Development (I)	75	3 Hours	6
Practical	50	3 Hours	3
IV Clothing & Textile (I)	75	3 Hours	6
Practical	50	3 Hours	3
	----- 300+200=500		----- Periods 36

#### M.A. Final

Paper & Practicals	Maximum Marks Theory/Practical	Duration of Examination	Period/ P/W
V Resource Management	70	3 Hours	5
Practical	30	3 Hours	3
VI Food & Nutrition (II)	70	3 Hours	5
Practical	30	3 Hours	3
VII Human Development (II)	70	3 Hours	5
Practical	30	3 Hours	3
VIII Clothing & Textile (II)	70	3 Hours	5
Practical	30	3 Hours	3
IX Community Health and Gender Studies	100	3 Hours	6
	----- 380+120=500		----- 38 Periods

**M.A. Home Science (Previous)**  
**EXTENSION EDUCATION AND RESEARCH METHODS**  
**Paper – I**

**MM-75**  
**Pd/ wk- 6**

**Unit -1 Introduction of extension Education and Teaching learning process**

1. Concept of education, Extension Education, Non formal, Formal and Informal Education
2. Objectives, Function and Scope, Process and Principles of Extension Education
3. Qualities of an Extension worker
4. Learning Experience and types of Learning
5. Adult Learning
6. Concept, Definition, Steps and Factors effecting learning
7. Concept, Definition, Steps, Process and methods of training

**Unit-2 Teaching target groups (Rural, Urban Slum Community and others)**

1. Importance and Scope of Teaching Methods
2. Classification of teaching methods in Home Science Extension
3. Advantages and Limitations of each method
4. Meaning and definition of teaching aids
5. Classification of teaching aids
6. Advantages and Limitations of each type
7. Selection of Audio Visual Aids

**Unit- 3 Communication, Innovation and Diffusion**

1. Concept, Definition, Nature and Function of Communication
2. Classification of Organizational communication
3. Principle of effective communication
4. Concept and Characteristics of Innovation
5. Adoption Process
6. Factors affecting the adoption of Innovation
7. Adopters Categories

**Unit- 4 Media Development for transfer of technology**

1. Need of appropriate technology for women
2. Approach and methods of Socio economic analysis- PRA and RRA
3. Classification of media
4. Selection of Appropriate media
5. Production and use of selected media in Home Science
6. Folk Media- its importance types and Advantages
7. Writing scripts for a radio talk, television talk, puppet play, street play, news paper and magazine.

**Unit-5 Research for community development**

**1. Research Methods**

- a. Definition of Research, scope of research in Home science. Types of Research – Historical, survey, Experimental and case study.
- b. Sources of Information- Primary and Secondary data, Sources of Primary and Secondary data. Uses of documents and records. Library and other references.
- c. Sampling Techniques-Census and sampling methods, Advantages of sampling over census methods, methods of sampling
- d. Presentation of Data-Bases of Classification of data, Ungrouped data and Grouped data,
- e. Diagrammatic and Graphical presentation of data

**2. Statistics**

- a. Meaning, Scope and Definition of Statistics, Measurement of Central Tendency, Mean, Median, Mode, Quartiles, Examples for Grouped and ungrouped data.
- b. Concept of correlation, Scatter diagram method, Karl Pearson,s correlation, co-efficient, Rank correlation coeffocient.
- c. Regression- Meaning of regression, lines of regression, coefficient of regression, relation of correlation.
- d. Probability- Classical, Empirical and Axiomatic definition of probability, Addition and multiplication, Laws of Probability, Conditional probability and Independence of events( Only for two events) and related examples

1. Preparation and use of selected teaching aids in Home Science
2. Developing skill in Case study, role play, Demonstration, Discussion and Lecture.
3. Survey of rural, urban community and need assessment.
4. Develop a rural development programme on the basis of need assessment.
5. Writing script for one of the media referred in theory
6. Production of selected media in Home Science Extension.

**References –**

- An Dhama, O.P. & Bhatnagar, O.P. : Education and Communication for Development, 1987  
Dhama, O.P. & Bhatnagar, O.P. : Communication for Development, 1991  
Ray, G.L., Extension Communication and management, 1999, Nays Prakashan, Calcutta  
Reddy, A.A. , Extension Education, 1976, Shree laxmi press, Bapla, A.P  
Supe, S.V. : An Introduction to Extension Education  
Lynton, R. & Pareek, U., Training Development, 1991  
Raidu., C.S., Communication, Himalya Publications, N. Delhi  
प्रसार शिक्षा एवं संचार माध्यम, डा एस एल इन्दोदिया, डा के एल डागी, डा राजीव बैराठी, अलका पब्लिकेशन अजमेर  
Introduction of statistical Methods - C.B. Gupta  
Research Methods- S.P. Gupta  
Methods of Research - Good C.V. and Scafes D.E.  
Statistics in Education and Psychology - Garret H.  
डा. कान्ति पाण्डेय, प्रमिला वर्मा : गृह प्रबन्ध  
Paulena Nickel & Dorsey, Jean Muir : Management in Family Living  
सरस्वती वर्मा एवं आशा देशपांडे : पारिवारिक वित्त  
जी. पी. शैरी : गृह व्यवस्था एवं गृह कला  
Mehta, kamal :A Text Book of Home Economics  
Devett & Verma ; Modern Economic Theory  
पारीख, आशा एवं मेहता, चन्द्रकान्ता : गृह प्रबन्ध  
Varghese, M.A. Ogale, N.N. & Srinivasan, K. : Home Management  
Gross Crandle : Home Management

**FOOD & NUTRITION - I**  
**COMMUNITY NUTRITION AND FOOD SCIENCE**  
**Paper-II**

**MM- 75**  
**6 Pd/wk**

- UNIT 1 Perspectives in the history and philosophy of Community Health, Community Nutrition and Society. Assessment of nutritional status by using different methods, i.e., diet surveys. Anthropometry, clinical, and Biochemical. Prevalence of nutrition related problems in different vulnerable, groups – Infant, Pregnant Women, Lactating mother.
- UNIT 2 National and International organizations related to nutrition. National organizations, i.e., NIN, CFTRI, NNDIB, ICMR, International organization, i.e., FAO, WHO, CARE, NICEF. Nutrition education for the community, Nutrition education through Nutritional feeding programmers. Role of training workers in nutrition education. Planning, controlling and evaluation of nutrition education programme.
- UNIT 3 : HISTORY AND PRINCIPLES OF FOOD PRESERVATIONS  
Food contamination – natural, handling and processing, Food spoilage, Food poisoning.  
FOOD MICROORGANISMS  
Bacterial, Yeast, Mould, Viruses their types and Characteristics, factors affecting growth of microorganisms.  
FOOD PRESERVATION METHODS  
Asepsis, Washing, By use of High temperature – Pasteurization, their types, boiling, canning – method, factors affecting the microorganism by use of high temperature, Thermal death time.  
METHODS BY USE OF LOW TEMPERATURE  
Cellars, Chilling, Freezing, Cold storage, factors affecting the microorganisms by use of low temperature.
- UNIT 4: METHODS BY USE OF DRYING  
Non mechanical – sun drying : Fumigation, Salting Mechanical – Freeze drying, Foam mat, Spray and drum drying.  
METHODS BY USE OF PRESERVATIVES  
Natural preservatives, artificial chemical preservatives – organic, inorganic, food additives, developed preservatives.  
METHODS BY USE OF RADIATION  
Types of radiation methods, Effect of radiation on foods.
- UNIT 5 : FOOD LAWS  
Food adulteration act, ISI, Aggmark, FPO, etc. structure of laws and their role.  
ANALYSIS OF PH  
Total soluble solids, total sugar, total protein, total crude fat from selected foods by use of PH meter, Refractometer and Spectrometer.  
PREPARATION OF THE PRODUCTS FOR MARKETING  
Principles involved in packing and labeling materials used in packages, sealing methods, calculation of market cost and benefit.

**PRACTICAL**  
**Assessment of Nutritional Status and Food Science**

**Total Marks : 50**  
**Pd/Wk-3**

1. Assessment of nutritional status of any one of the group of community by use of different methods of assessment.
2. Participating and conducting world Food day, Nutrition week, WHO day.
3. Preparation of jam, jelly, ketchup
4. Preparation of synthetics syrups, squash, marmalade
5. Preparation of pickles – mix vegetables, Mango, Lemon, Chillies
6. Preparation of papad, potato wafers
7. Visit to canning industry and pasteurization unit

**PRACTICAL EXAMINATION PATTERN**

1. Preparation any one product Jam/Ketchup/Synthetics Syrup/Squash/ Pickels  
(Taste : 2 Appearance :2 Texture : 2 Doneness : 2
2. Submission of Report and Journal

**REFERENCES:**

1. Food microbiology by Frazier.
2. Technology of food preservation – Desrosare N.W. ABT Pub - Company
3. Food science and Technology by Magnum Prike.
4. Food Preservation of fruits and vegetables by King.
5. Preservation of foods by Girdharilal Siddhoyya.
6. Journal of food science and Technology.

**Advanced Human Development - I**  
**Paper – III**

**M.M – 75**  
**Pd/wk - 6**

**Unit – I**

1. Child Development: Principles, Stages.
2. Heredity and Environment Maturation and Learning.
3. Importance of early years, Methods of studying Human Development.
4. Concept of Development task.

**Unit – II**

Theories of Human Development and Behaviour (in brief)

- |                         |               |
|-------------------------|---------------|
| 1. Personality Theory   | Sigmund Freud |
| 2. Cognitive Theory     | Jean Piaget   |
| 3. Learning Theory      | B.F. Skinner  |
| 4. Psycho Social Theory | Erikson       |

**Unit – III**

The course of growth and development from infancy to adolescence.

1. Physical and Motor Development.
2. Cognitive development, Creativity and Language development.
3. Social Emotional development.
4. Personality Development.

**Unit –IV**

Young Adults (18 to 40 Years) and Adulthood

1. Significance and developmental tasks of young adult.
2. Developmental needs: Sexuality, Marriage marital adjustment and Parenthood.
3. Middle adulthood (41 to 60 Years) Significance and Developmental tasks.
5. Stresses in middle age: job and family. Pre retirement and leisure preparation for retirement

**Unit – V**

Late adulthood and Aging

1. Definition, Characteristics, developmental tasks
2. Physiological changes and health issues
3. Effect of retirement on self, family society and finances
4. Grant parenthood and intergenerational relations, Issues: Old Age homes, loneliness

**Practical**  
**Advanced Human Development**

**M.M – 50**  
**Pd/wk – 3**

1. Planning and conduction of programmes for stimulation and enhancement of
  - a. Infants – growth simulation
  - b. Preschoolers – Enhancement school readiness
  - c. Children:- Developmental Challenges (gender sensitivity)
2. Planning for Adolescents
  - a. Life skill development Meeting
  - b. Adults & Young Meeting Challenges
  - c. Aged – Enhancement of Quality of life
3. Preparation of material for preschool children: Toy, Book, Song book, resource book
4. Visit to child care centers, Old age Homes and units of child and women welfare
5. Presentation of current issue in the area of child development

**REFERENCE BOOKS**

- Hurlock, E. 1995, Child development, New York: McGraw Hill Book Co.  
Hurlock, E. 1995, Child developmental, Psychology New York: McGraw Hill Book Co.  
Bee, H. 2000 The development child  
पाख्रिख, आ'गा: बाल व्यवहार एवं पारिवारिक सम्बन्ध  
भार्मा, रामनाथ: व्यावहारिक मनोविज्ञान की रूपरेखा  
रायजादा और दवे: बाल मनोविज्ञान

**Clothing and Textile - I**  
**Paper – IV**

**M.M – 75**  
**Pd/wk – 6**

**Unit – I**

- f. Classification, properties, identification and manufacturing of natural, man made and synthetic fibers.
- g. Yarn manufacturing and yarn classification.
- h. Fabric construction – different techniques.
  1. Weaving
  2. Knitting
  3. Felting
  4. Bonding
  5. Braiding
  6. Knotting

**Unit – II**

- a. Finishes and their relevance to consumer, Classification, Fundamental Finishes, Textural finishes, Functional finishes.
- b. Dyes – definition, classification, elementary idea about structure and properties of dyes.
- c. Introduction to printing, methods of printing.
- d. Textile effluent and its treatment

**Unit – III**

- a. Indian traditional textile.
  - Dyed – Bandhni, Patola, Ikat.
  - Printed – Kalamkari, Snganeri, Barmeri, Miniature painting.
  - Traditional woven textile – Broacade, Kanchipuram, Jamdani, Chandari, Maheshwari, Kashmiri, Traditional Indian Embroidery

**Unit - IV**

- a. Origin of clothing, Importance of Clothing.
- b. Sociological and Psychological aspect of Clothing.
- c. Clothing individuality and conformity.
- d. Fashion – Terminology, Sources of Fashion, Fashion cycle.

**Unit – V**

- a. Selection of clothing in relation to
  1. Age
  2. Occupation
  3. Season
  4. Ovarian
- b. Consumer problem and protections in relation to clothing & textile.
- c. Clothing budget and wardrobe planning.

## **Clothing and Textile Practical**

**M.M – 50**

**Pd/wk – 3**

1. Fiber Identification- physical and chemical method
  - I. Microscopic
  - II. Burning
  - III. Chemical
2. Dyeing and printing of Cotton, wool and silk
3.
  - a. Introduction of different part of sewing machine and inks care and maintenance.
  - b. Taking body Measurements.
4.
  - a. Basic stitches, Seams and Seam finishes.
  - b. Fullness – darts, tucks, pleats and gathers.
  - c. Yokes – with or without fullness.
  - d. Different types of sleeves.
  - e. Different types of collars
  - f. Different types of pockets, fastener and Sockets.
5. With hat pattern method drafting of child's and adults Basic Block and its adaptation to Various garment like, frock, blouse and ladies Shirt.
6. Knitting – samples of various design.

### **REFERENCE BOOKS**

Wingatic Iqabel M : Selection of Fabric and Care  
Joseph, Moyory : Essentials of Textiles  
Joseph, Moyory : Introductory Textiles Science  
Dantyagi, Sushila : fundamental of Textiles  
Duelkar Durga : Textile and Laundry Work  
Carbman, Poster : Fiber to Fabric



**M.A. – Final  
HOME SCIENCE**

**Resource Management  
MANAGEMENT OF HUMAN RESOURCES  
PAPER – V**

**M.M. : 70  
Pd/wk – 5**

**Unit I. Interior Designing**

1. Purpose of designing residential interior spaces.
2. Considerations for designing residential interior spaces- Big and Small
3. Criteria for planning a House.
  - a. Orientation
  - b. Grouping of rooms
  - c. Circulation between rooms
  - d. Flexibility
  - e. Privacy
  - f. Roominess
  - g. Light & ventilation
  - h. Services
  - i. Aesthetics
  - j. Cost

**Unit II.**

**1. MANAGEMENT FUNCTIONS AND PROCESS**

1. Planning – objectives, principles, policies, strategies.
2. Organizing – Purpose principles, processes delegation of authority, responsibility and accountability.
3. Staffing – Purpose, principle, recruitment, appraisal, Guiding, directing, leadership, motivation, communication.
4. Controlling tools for management control, Feedback Evaluation – Tools and techniques.

**2. HUMAN BEHAVIOUR IN ORGANIZATIONS**

1. Personality: attitudes, motivating factors
2. Group behavior and Dynamics
3. Team Management
4. Stress and conflict management

**Unit III.**

**1. METHODS AND TECHNIQUES FOR IMPROVING RESOURCE**

1. Questioning approach
2. Development and use of labour saving devices
3. Improvement of working conditions
4. Changing of attitudes
5. Development of efficient work methods

**2. USE OF ENERGY AS HUMAN RESOURCE**

1. Nature
2. Energy demands
3. Fatigue and Impairment

**3. TIME AS A HUMAN RESOURCE**

1. Nature
2. Time demands
3. Tools in Time Management
4. Process of Managing Time

**UNIT IV**

**1. ENDS SOUGHT THROUGH MANAGEMENT**

1. Goods – factors affecting ends

2. Values – Sources of value pattern, status security
  3. Standards – Quality control, Total Quality Management
  4. Harmony – Ethics
2. FAMILY HEALTH AND RECREATION MANAGEMENT
1. Public and Private agencies help in health and recreation
  2. Family centered Recreation
  3. Leisure time and Recreation
  4. Management of Family Medical care

UNIT V:

1. Concept, scope and importance of ergonomics in home, importance of space, noise, light, ventilation in work performance
2. Anthropometric dimensions of worker at work and rest, Elbow room
3. Clearance space for operating Equipments, working, heights for various activities.

## PRACTICAL

**M.M. : 30**  
**Pd/Wk-3**

1. Interior Designing layout of small (40-60 Sq. Ft.) residential interior space
2. Survey and selection of material for the design
3. Interior Designing layout of large (40x60 and 60x90Sq. Ft.) interior space
4. Survey and selection of material
5. Application of Ergonomics in designing interiors for special population

### RECOMMENDED READINGS

Rutt: Home Management

Peet, Peeket Savary: House Hold Equipments

Nickkell and Dorsey: Management in Family Living

Gross and Crandall: Management for Modern Families

(Mrs.) H. Kaur and C. Macneil: Theory and Practice of Home Management

Norma comption and Olive Watt: Foundation of Home Economic Reasearch

पीट, पीकेट: घरेलु उपकरण

लोके'वरी भार्मा: सामाजिक गृह-अर्थ व्यवस्था एवं वस्त्र विज्ञान

सरस्वती वर्मा एवं आ'गा दे'पाण्डे: पारिवारिक वित्त

क्रांति पाण्डे एवं प्रमिला वर्मा: गृह प्रबन्ध

आ'गा पारीक एवं चन्द्रकातां मेहता: गृह प्रबन्धक

जी.पी. भौरी: गृह व्यवस्था एवं गृहकला

**Food & Nutrition - II**  
**Normal & Therapeutic Nutrition**  
**Paper-VI**

**MM- 70**  
**5 Pd/wk**

UNIT 1 : Food Selection and Meal Planning-

Essentials of meal planning, planning the food budget, master food plans, sample menu for day's meal, factors influencing food intake and food habits.

UNIT 2 : Special feeding methods, i.e., Tube feeding, Intravenous feeding, Nasal feeding. Types of fever, physiology of fever, metabolic changes, Dietary treatment in chronic fever. Diet in weight management – under weight and obesity

UNIT 3 : Principles and Planning of post operative diet. Pre and post operative nutrition. (High protein, fat and low CHO diet). Nutrition for Surgery of the stomach, mouth, duodenum, GI tract and Nutrition after burns.

UNIT 4 : Principles of planning diet in Kidney diseases, Gall bladder Stones. Diet in Diabetes.

UNIT 5 : Nephritic syndrome, Nephrosis dialysis, their causes symptoms, dietary treatment and management. Principles involved in the diet planning for major nutritional deficiencies such as PEM, Anemia, Vitamin A & Iodine deficiency disorder (IDD) their causes, symptoms and dietary modifications.

**PRACTICAL**  
**CLINICAL NUTRITION AND DIETARY COUNSELLING**

**Total Marks: 30**  
**Pd/Wk-3**

1. Planning and preparation of diet in various diseases and dietary related counselling-

- a) Chronic fever
- b) Obesity and under weight
- c) Diabetes Mellitus
- d) Jaundice
- e) Cirrhosis
- f) Gall bladder stone
- g) Nephritic syndrome
- h) PEM
- i) Anemia
- j) Vitamin A

**PRACTICAL EXAMINATION PATTERN**

1. Reports and Record book : Working diet plans for different diseases and Internal assessment of reports related to activities carried out by the students, i.e,

- i) Nutritional status of any one selected group of community,
- ii) Participation in WHO, FAO, Nutrition week programme etc. Reports should be neatly written, typed and bound Form.

2. Plan and preparation of diet in various diseases and deficiencies.

Chronic Fever / surgery of stomach / Burns / Jaundice / Cirrhosis / Gall bladder stone / Nephritic syndrome / PEM / Anemia / Vitamin A or B carotene.

Planning diet :

Diet Plan

Nutritive Value calculation

RDA writing

Total

Preparation of diet :

Taste – Appearance – Selection – Texture – Overall- Total

Marks

REFERENCES:

1. A text – book of foods, Nutrition and Dietetics by M. Raheena Begum
2. Human Nutrition and Dietetics by Davidson and Passmore
3. Assessment of the Community Nutritional status by Jelliffe

PERIODICALS

1. Indian Journal of Nutrition and Dietetics
2. Journal Home Science Association of India
3. American Journal of Clinical Nutrition.

**Human Development - II**  
**Advanced Human Development and Family Welfare**  
**Paper – VII**

**M.M – 70**  
**Pd/wk – 5**

**Unit – I**

1. Child at Risk: Child Labor, Street Children, Child Abuse and their intervention program: Meaning of disabilities, Types of disabilities, Importance of early detection, Importance of treatment and rehabilitation.
2. Mental retardation, Nature, Levels, causes and characteristics. Gifted Children Identification and Characteristics.
3. Cerebral Palsy & Spastics Meaning causes and Characteristics.
4. Integration: Integration and mainstreaming of children with special needs. Role of family, school and community.

**Unit – II**

1. Children with auditory impairment: Levels, Causes, characteristics and treatment
2. Children with orthopedic disabilities: Types, causes, characteristics and treatment
3. Children with Learning disabilities: Definition, causes, manifestation of learning disabilities
4. Children with visual impairment, Levels Causes and characteristics

**Unit – III**

1. Counseling: Definition, goals, scope and limits
2. Myths regarding counseling, Ethics in counseling
3. Characteristics of an effective counselor
4. Process of counseling: stages – (I) Problem exploration and classification Stage (II) Developing new perspective and setting goals stage (III) Implementation and evaluation

**Unit – IV**

1. Counseling techniques and practices: Rapport techniques and practices, Questioning, Listening, Reflecting, Acceptance, Silence, Leading, Reassurance, Non-verbal behavior, Terminating Skills-Special Consideration, Structuring the project, Optimal concern, Recording counseling process
2. Type of counseling, Individual, Group, Child Therapy
3. Marriage & Family Counseling
4. Vocational guidance and counseling

**Unit – V**

1. Family Welfare: Programmes at local, national & international level, their functions and objective
2. Organizations for family welfare: Principles, Policies, Functions objectives
3. Beneficiaries of different programmes
4. Rights & responsibilities of child, parent & society

## **Advanced Human Development and Family Welfare Practical**

**M.M – 30**

**Pd/wk - 3**

1. Planning and conducting with children with Special need: Visually, Auditory, Mentally and Physically Challenged.
2. Learning & Practicing counseling techniques
3. Organizing group Counseling Sessions
4. Preparing Case History of one Child/Adolescent

### **REFERENCES**

- Mehta, D.S.: Handbook of Disabled in India, Allied Publishers Private Ltd. Bombay, 1983  
Chaudhary, P.D.: Child Welfare and Development, Atmaram and Sons, New Delhi, 1980  
Udia Shanker: Exceptional Children, Sterling Publishers Ltd. New Delhi  
State, D.H.: Helping Children with Learning Difficulties, World Locke Educational  
Counseling by Narayan  
Chibber, S. K.: Guidance and Educational Counseling, Commonwealth Publisher, 1999

**Clothing and Textile - II**  
**Advance Textile and Family Clothing**  
**Paper – VIII**

**M.M – 70**  
**Pd/wk - 5**

**Unit – I**

- a. Review of the design, elements and art principles applied in textile designing
- b. Classification of design: Structural and Decorative, Types of motifs Natural, Stylized abstract, geometric.
- c. Textile Design – Layout in Design, Pattern repeat for all over pattern.
- d. Developing designs for decoration fabrics for various and uses.

**Unit – II**

- a. Importance and objectives of Textile testing
- b. Standardization and research organization working in the field of Textile.
- c. Fabric Testing
  1. Fabric construction analyses – weave ends, Picks, Count, Weight, Crimp, thickness.
  2. Dimensional stability of fabric shrinkage, heat setting.
  3. Apparel fabric properties, their measurements and advantages – strength, crease recovery, stiffness.

**Unit – III**

- a. Historical development of women textiles, origins of weaving, spinning.
- b. Distribution of textile – whole, seller, retailers and merchandize.
- c. Advertising and self promotion.
- d. Brands stand end and labeling.

**Unit – IV**

- a. Entrepreneurship development in textiles.
  1. Definition
  2. Characterizes of an entrepreneur.
  3. Agencies for development of entrepreneurship.
  4. Establishing an enterprise.

**Unit – V**

- a. Pattern making techniques – drafting, flat pattern method.
- b. Matching of checks and plaids
- c. Fitting – principles of fitting, Factor affecting good fit, common fitting problems of blouse, pants, remedying fitting defects.

**Clothing and Textile Practical**

**M.M – 30**  
**Pd/wk - 3**

1. Drafts to be made of various basic bodices Sleeves, skirts & trousers further adaptation to various designs of sleeves, skirts collar, & trousers
2. Construct of garment for children ladies under the following heading.
  - Casual wear
  - Formal wear
  - Night wear
3.
  - a. Various embroidery stitches; making articles with them.
  - b. Traditional: any two article to be made
4. Project: Student has to plan a project related to Clothing and Textile

## REFERENCES

- Ahury, G.S.: Indian Costumes, Popular Prakashan, Bombay  
Bhushan Brij, J.: Costumes and Textiles of India, D.B. Taraporewala & Co. Bombay  
Moti Chandra: Costumes, Textiles, Cosmetics and Chiffons in Ancient and Medieval India, Orient Publisher, New Delhi, 1973  
Akazi Roahan; Ancient Indian Costumes. Art Heritage, New Delhi  
Mary Shawn Rayan: The study in Human Behavior  
Flugel, J.G.: Psychology of Clothes  
Horn, H.J.: Second Skin  
Mary, Rose & Craz: Concepts of Clothing  
Doongaji Sherie & Deshpande, R.: Basic Processes and Clothing construction  
Bane, A.: Creative Sewing  
Tate, M.I. and Glisson, D.: Family Clothing  
Lewis, D. S. Brawes: Clothing Construction and Wardrobe Planning

## Community Health and Gender Studies Paper – IX

M.M.- 100  
Pd/wk - 6

### Unit – 1 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.

### Unit – 2 Status of Women:

- Meaning of status of women A situational analysis - demographic, education, employment, political and health (general, occupational, and reproductive)
- Violence Against Women- Dowry, divorce, female feticide and infanticide, domestic violence.
- Sexual harassment and exploitation, trafficking, portrayal of women in mass media. Efforts for elimination of all forms of discrimination

### Unit – 3 Policies and Programmes for Women's Development:

- National policy for Empowerment of women, policy perspectives, mainstreaming
- Economic empowerment- Poverty eradication, micro finance and self-help groups,
- Introduction of laws for domestic violence against women (2005) and sexual harassment (2013)

### Unit – 4 Health and Health Care

- Concepts of health and positive health, Health- disease continuum, factors affecting health, health as a human right.
- Concept of community health, global health, health for all.
- Primary health care- definitions, principles components, comprehensive health care, levels of prevention, Concept of reproductive health for adolescent girls and boys.

### Unit- 5 Health and Development indices

- Health indices and related indices in community health, fertility indicators, vital statistics, mortality, morbidity indicators, demographic indicators – sex ratio
- Indicators for social and mental health, Human Development index, Disability adjusted life years (DALY). Reproductive Health index. Major Health Problems in India
- Health administrative set up, Peripheral, state, National, urban-rural(Introduction to National Rural Health Mission), National family Health surveys
- National Health Programmes- ICDS, AIDS prevention Programme, Reproductive Child Health (RCH)

### References

- Lyton, R. and Pareek, U. (1990) Training for Development, Vistar Publication, New Delhi
- Lyton, R. and Pareek, U. (1992) Facilitating Development, Sage Publication, New Delhi
- Mishra, D. C. (1990) New Directions in Extension Training. Directorate of Extension, Ministry of Agriculture, Government of India, New Delhi.
- Palmer, A. B. (1981) Learning Cycle: Models of Behavioral Change – A Handbook of Group Facilitator, University Associates, California.
- Park, K. (2000) Essentials of Community Health Nursing. M/s Banarsidas Bhanot, Jabalpur.
- Park, K. (2000) Textbook of Preventive and Social Medicine. M/s Banarsidas Bhanot, Jabalpur.
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- Dapur, S: Changing Status of working women in India 1974