



SHIVAJI UNIVERSITY, KOLHAPUR

REVISED SYLLABUS FOR MASTER OF ARTS – HOME SCIENCE

1. TITLE : M.A. Part I (Home–Science)
Under Faculty of Science.
2. YEAR OF IMPLEMENTATION : Revised Syllabus will be implemented from June 2010 onwards.
3. DURATION : The Course shall be a full time course. The duration of the course shall be two years.
M.A. I – One Year.
4. PATTERN OF EXAMINATION : Annual
Practical and related Activities – internal Examination
5. MEDIUM OF INSTRUCTION : English or Marathi.
6. STRUCTURE OF COURSE : M.A. Part – I
(No. of Papers – 4)

Sr. No.	Paper No.	Name of the subject	Distribution of Marks			
			Theory	Practical	Seminar/ Assignment / Project	Total
1	I	Research Method and Statistics	80	--	20	100
2	II	Human Development and Marriage – Family Relationship	80	--	20	100
3	III	Theory of Management and Management of Resources	80	--	20	100
4	IV	Dietetics and Community Nutrition	80	20	--	100

M.A. Part – II (No. of Papers – 4)

Sr. No.	Paper No.	Name of the subject	Distribution of Marks			
			Theory	Practical	Seminar/ Assignment / Project	Total
1	V	Ergonomics and Interior Space Designing.	80	--	20	100
2	VI	Programme Development and Extension Training Management.	80	--	20	100
3	VII	Family Clothing and Traditional Textile.	80	20	--	100
4	VIII	Food Preservation and Food Quality Control.	80	20	--	100

7. SCHEME OF TEACHING :

M.A. I (Home – Science)

Sr. No.	Paper No.	Name of the subject	Teaching Scheme Lectures / week		
			Theory	Practical/ Seminar / Assignment/ Project	Total
1	I	Research Method and Statistics	4		4
2	II	Human Development and Marriage – Family Relationship	4	1	5
3	III	Theory of Management and Management of Resources	4	1	5
4	IV	Dietetics and Community Nutrition	4	3	7

M.A. II (Home–Science)

Sr. No.	Paper No.	Name of the subject	Teaching Scheme Lectures / week		
			Theory	Practical/ Seminar / Assignment/ Project	Total
1	V	Ergonomics and Interior Space Designing.	4	1	5
2	VI	Programme Development and Extension Training Management.	4	1	5
3	VII	Family Clothing and Traditional Textile.	4	3	7
4	VIII	Food Preservation and Food Quality Control.	4	3	7

8. SCHEME OF EXAMINATION:

- The Examination shall be at the end of each academic year.
- All papers shall carry 80 marks for Theory papers and 20 marks for Practical / Seminar / Assignment / Project.
- The evaluation of the performance of the students in theory shall be on the basis of Annual Examination as mentioned above.
- Question paper will be set in the view of the entire syllabus preferably covering each unit of the syllabus.
- Nature of Question paper (Theory)

Section – I

- There will be – one objective type question (multiple choice) having 5 marks.
- One short note type question having 15 marks (Three short notes out of five)
- Two descriptive questions with internal choice having 10 marks each. i.e. $10 \times 2 = 20$ marks.

Section – II

- There will be – one objective type question (multiple choice) having 5 marks.
- One short note type question having 15 marks (Three short notes out of five)
- Two descriptive question with internal choice having 10 marks each. i.e. $10 \times 2 = 20$ marks.

- The evaluation of the performance of the students in Practical / Project / Seminar / Assignment shall be on the basis of annual internal examination as mentioned separately in the syllabus of each paper.

- Standard of Passing –

- In order to pass in a theory paper and practical a candidate shall have to secure 40% marks in each theory and practical at the university examination. Candidate shall be declared to have passed the examination in pass class if he/she passes in all the eight papers.
- A practical will be separate head of passing.
- In order to secure IInd class, a candidate shall have to secure at least 50% or more marks.
- In order to secure Ist class, a candidate shall have to secure at least 60% or more marks.
- In order to secure Ist class with distinction a candidate shall have to secure 70% or more marks.
- The class will be awarded on the aggregate total of all the eight papers of part I & II at the University examination.

M.A. I (HOME SCIENCE)
PAPER I – RESEARCH METHOD AND STATISTICS

WORK LOAD : 4 LECTURES / WEEK

TOTAL MARKS : 100

THEORY : 80

ASSIGNMENT : 20

Objectives :

1. To understand the significance of research methodology in research.
2. To develop ability to construct data gathering, instruments appropriate to the research design.
3. To develop ability to present and interpret data in a research report or thesis.
4. To understand the role of statistics in research.
5. To apply statistical techniques to research data for analyzing and interpreting data meaningfully.

COURSE CONTENT.

SECTION – I

RESEARCH METHOD

Unit I -- INTRODUCTION TO RESEARCH:

- Definition of Research.
- Distinction between pure and applied Research.
- Types of Research –
 - Historical and Empirical
 - Experimental and case study.
- Nature and scope of Research in Home Science.

Unit II -- RESEARCH DESIGN AND PROCESS OF SCIENTIFIC RESEARCH :

- Research Design :
 - Definition and Requirement.
 - Types of Research Design:
 - Exploratory.
 - Descriptive.
 - Diagnostic.
 - Experimental.
- Research process – steps in research.

Unit III -- SOURCES OF INFORMATION AND SAMPLING TECHNIQUES:

- Concept and sources of information.
- Classification and sources of data collection.
- Meaning and nature of sampling Techniques.
- Methods of Sampling.
 - Probability Sampling.
 - Non-Probability Sampling.
- Advantages and limitations of sampling technique.

Unit IV -- RESEARCH REPORT:

- Basic requirement for writing research report.
- Content / format of Research Report.

SECTION – II STATISTICS

Unit V -- INTRODUCTION TO STATISTICS AND PRESENTATION OF DATA:

- Meaning and scope of Statistics, Classification, Terms involved in Classification, Formation of frequency distribution with examples.
- Diagrams :
 - Bar Diagram – Simple and Multiple bar diagram
 - Pie Diagram.
- Graphs : Histogram and ogive curves, computations of Median and Mode from graphs.

Unit VI -- MEASURES OF CENTRAL TENDENCY AND DISPERSION :

- *Central Tendency:* Concept of measures of Central Tendency, Arithmetic Mean, Median and Mode and their Merits and Demerits. Numerical examples for ungrouped and grouped data.
- *Dispersion:* Concept of Dispersion, Absolute and Relative measures of Dispersion. Quartile Deviation, Standard Deviation and their Merits and Demerits. Variance, Coefficient of variation, Numerical examples.

Unit VII -- CORRELATION AND REGRESSION:

- Concept of Correlation, Types of Correlation, Scatter diagram method, Karl Pearson's Correlation Coefficient and Rank Correlation Coefficient Method.
- Concept of lines of Regression, Regression Coefficients, Relation between correlation Coefficient and Regression Coefficient. Numerical examples.

Unit VII -- PROBABILITY AND TESTING OF HYPOTHESIS:

- *Probability* – Definition of probability, Laws of probability, simple examples without use of permutations and combinations.
- *Testing of Hypothesis* – Definitions of Hypothesis, Level of Significance, critical region.
 - Large Sample tests :
 - Test of Population Proportion.
 - Test of Equality of Population Proportions.
 - Chi-square test :
 - Test of Independence of Attributes.
 - Test of goodness of fit.
 - t-test :
 - Test of population mean.
 - Test of equality of two population means.
 - Paired t-test.

EXAMINATION PATTERN OF INTERNAL ASSESSMENT – 20 Marks.

- Assignment on Section I - 10 marks.
- Assignment on Section II - 10 marks.

REFERENCE :

BOOKS:

- 1) Hand book of Research Methodology - Devdas R.P. & Kulandaivel K.
- 2) Research Methods - S. P. Gupta
- 3) Methods of Research - C.V. Good and D.E. Scafes.
- 4) सामाजिक संशोधन पद्धती - डॉ. पु. ल. भांडारकर
- 5) सामाजिक संशोधन पद्धती - डॉ. गुरुनाथ नाडगोडे
- 6) Scientific Social Survey and Research - P.V. Young and Calvin F. Schmid.
- 7) Theory and Practice in Social Research - Hans Raj.
- 8) Research Methods in- Social Sciences - R. N. Sharma.
- 9) Fundamentals of Statistics Vol. I and II - Goon, Gupta, Dasgupta.
- 10) Fundamentals of Statistics - S. C. Gupta.
- 11) Probability theory and Mathematical Statistics - V. K. Rohatgi.
- 12) Theory and Analysis of Sample Survey Designs - Dargasingh
- 13) Statistics in Education and Psychology - H. Garret.
- 14) सामाजिक संशोधन पद्धती - डॉ. आगलावे.

M.A. I (HOME SCIENCE)

PAPER II – HUMAN DEVELOPMENT AND MARRIAGE – FAMILY RELATIONSHIP

WORK LOAD	: 5 LECTURES / WEEK	TOTAL MARKS	: 100
THEORY	: 4 LECTURES / WEEK	THEORY	: 80
SEMINAR / PROJECT	: 1 LECTURE / WEEK	SEMINAR/ PROJECT	: 20

Objectives:

1. To undertake an advanced study of the stages in human development with specific focus on adulthood and old age.
2. To understand the principles and factors influencing human development in these stages.
3. To understand the need for guidance and counselling in human development.
4. To understand the marriage related relationship.

COURSE CONTENT

SECTION – I

HUMAN DEVELOPMENT

Unit I -- YOUTH / YOUNG ADULTHOOD (20-35 YEARS)

- Introduction – Biological, Cultural and developmental perspectives on youth and adulthood.
- Developmental needs.
- Culmination of identity formation.
- Life cycle approach, sexuality, marriage, marital adjustment, parenthood.

Unit II -- MIDDLE ADULTHOOD (35-50 YEARS):

- Physical continuity and changes. Adult intelligence, role in family.
- Development of the self. Intergeneration relationship.
- Friendships.
- Parenting adult offspring and their marriage. Menopause in women. Adult sexuality, work and career.

Unit III -- LATE ADULTHOOD (50-65 YEARS):

- Changes in personality.
- Social relationships.
- Grand parenthood.
- Occupational continuity and change.
- Retirement from work.

Unit IV -- OLD AGE (65 + AGE):

- Physical aspects of aging.
- Change in cognitive abilities.
- Psychosocial development.
- Death, dying and bereavement.

SECTION – II

MARRIAGE – FAMILY RELATIONSHIP

Unit V -- MARRIAGE:

- Concept.
- Types of Marriage / Marriage choices.
- Factors of mate-selection.
- Legal age of marriage and relationship to development.
- Significance of Marriage in family relationship.
- Alternatives to marriage.

Unit VI -- PARENTHOOD:

- The task of parenting and parenting skills.
- Concept of parenthood.
- Determinants of parenting behaviour.
- The Mothering Role
- The Fathering Role.
- Family relations.

Unit VII -- FAMILY:

- Concept and types.
- Family composition and structure.
- Social changes affecting the family.
- Causes and effect of family disharmony.

Unit VIII -- COUNSELLING AND ITS APPLICATIONS:

- Definition of counselling.
- Difference between guidance and counselling.
- Goals of counselling
- Family counselling.
- Counselling with parents.
- Pre-marital and Marital counselling.
- Career counselling.

Examination patterns of Internal assessment – 20 Marks.

- | | | | |
|----|---|---|-----------|
| 1) | Project or Seminar | - | 20 Marks. |
| | Report submission of project or Seminar | - | 10 Marks |
| | Viva Voice | - | 10 Marks |

References :

BOOKS :

- 1) Bigner, J. (1979) - Parent Child relation : An Introduction to parenting N.Y.
McMillan Pub.
- 2) Fine Marwin (1980) – Handbook on Parent Education.
- 3) Kulkarni, Sudha (1988) – Parent Education, Jaipur, Rawat Pub.
- 4) Kakar, S (1992) - Identity and adulthood, Delhi Oxford Uni. Press.
- 5) Sharka, N (1999) - Understanding adolescence, New Delhi, Nation book Trust.
- 6) Narayanrao, S (1991) – Counselling Psychology 2nd Ed., Reprint 2001, Tata
McGraw Hill Publishing Comp. New Delhi.
- 7) प्रा. पवार बी. एस. समुपदेशन मानसशास्त्र, प्रशांत पब्लिकेशन्स, पुणे
- 8) Augustine, J.S.: The Indian Family in Transition, vikas publication House, New Delhi.

M.A. I (HOME SCIENCE)
PAPER III – THEORY OF MANAGEMENT AND
MANAGEMENT OF RESOURCES

WORK LOAD	: 5 LECTURES / WEEK	TOTAL MARKS	: 100
THEORY	: 4 LECTURES / WEEK	THEORY	: 80
SEMINAR / PROJECT	: 1 LECTURE / WEEK	SEMINAR/ PROJECT	: 20

Objectives:

1. To understand the significance of Management.
2. To know the conceptual, human and scientific aspects of Management functions.
3. To develop the ability to evaluate the management efficiency and effectiveness in the family and organizations.
4. To develop the ability to evaluate management system in family and other organizations.
5. To increase awareness and importance of human resources and family health.
6. To become aware of the Financial Management.

COURSE CONTENT.
SECTION – I
THEORY OF MANAGEMENT

Unit I -- MANAGEMENT PRINCIPLES:

- Concept and definitions of Management.
- Principles of Henry Fayol.
- Management Abilities / skill –
 - General Abilities, Conceptual, Human, Technical, Design skill.

Unit II -- MANAGEMENT AS A SYSTEM:

- Definition of system approach.
- Elements of system approach.
- Types.
- Advantages and limitations of system approach.
- Application in family resource management.

Unit III -- DECISION MAKING:

- Meaning
- Types
- Modes
- Techniques and Tools.

Unit IV -- MANAGEMENT FUNCTIONS AND PROCESSES:

- Planning – Meaning, Characteristics, Steps in Planning, importance of Planning.
- Organization – Meaning, steps in organization, organization chart / type. Importance of organization, delegation of Authority, responsibility and Accountability.
- Co-ordination – meaning, need, supervision.
- Control – meaning, characteristics, Tools of Controlling and steps of controlling.
- Leadership – Meaning, Types, Characters of Leader.
- Communication – Meaning, Types, Process.

SECTION – II**MANAGEMENT OF RESOURCES****Unit V -- TIME MANAGEMENT:**

- Nature and meaning of time.
- Types of time.
- Characteristics of time
- Tools and techniques
- Time demands.
- Time Management Process.

Unit VI -- ENERGY MANAGEMENT:

- Nature and concept of energy as a human resource.
- Energy need and demands.
- Types of efforts.
- Fatigue-concept, types, causes.
- Measures to relieve fatigue.
- Energy demands.
- Energy management process.

Unit VII -- HEALTH MANAGEMENT:

- Concept of Health.
- Management of Family Medical Care.
- Public and Private health services.
- Stress – Concept, causes, Remedies.
- Stress Management and health.

Unit VIII -- FINANCIAL MANAGEMENT:

- Budget – Definition, Types.
- Steps in making budget.
- Significance of budgeting.
- Incremental nature of budgeting.
- Record keeping.
- Methods of handling Money.

EXAMINATION PATTERN OF SEMINAR OR PROJECT – 20 Marks.

- Internal Examination-
 - Submission of Seminar / Project - 10 marks.
 - Presentation of Seminar / Project - 10 marks.

REFERENCES :

Books :

- 1) Dwivedi R.S.(1981)–Professional Management S.K. Publishers, New Delhi.
- 2) Saiudain M.S. (1988) – Human Resources Management, Tata Mc-Graw Hill, New Delhi.
- 3) Dayal R. (1996) – Dynamics of Human Resources Development, Mttal Publications, New Delhi.
- 4) Rao N. P. (1986) – Human Resources Development in Management and Administration, B. K. Publishers, Delhi.
- 5) Karnik V. G. (1984) – Personal Management, - Jaiw Bombay.
- 6) Deconrath E. and Firebavgh F. M. – “Home – management concept and context”.
- 7) Gross Ima and Crandall Elizabeth – “Management for modern families”.
- 8) Swanson – “Management system”.
- ९) प्रा. सौ. लीना कांडलकर- प्रगत गृहव्यवस्थापन
- १०) प्रा. सौ. आशा निमकर- प्रगत गृहव्यवस्थापन
- ११) प्रा. सौ. नंदिनी जठार- गृहव्यवस्थापन व गृहकला.
- 12) M. Shukul, Veena Gandotra – Home Management and Family Finance.
- 13) Educational Planning Group – Home Management – Arya Publishing House, New Delhi.

M.A. I (HOME SCIENCE)
PAPER IV – DIETETICS AND COMMUNITY NUTRITION.

WORK LOAD	: 7 LECTURES / WEEK	TOTAL MARKS	: 100
THEORY	: 4 LECTURES / WEEK	THEORY	: 80
PRACTICAL	: 3 LECTURES / WEEK / BATCH	PRACTICAL	: 20

Objectives:

1. To familiarize the students with the nutritional problems of community.
2. To make the students competent for the nutritional improvement of community.
3. To be able to make appropriate dietary modifications for various disease conditions.
4. To develop skills to measure and maintain nutritional and health status of the community under normal and various disease condition.

COURSE CONTENT

THEORY

SECTION – I

DIETETICS

Unit I -- DIET FOR FEBRILE CONDITION:

- Definition and Physiology of fever
- Causes and Classification of fevers.
- Metabolic changes due to fever.
- Dietary modifications in febrile conditions.
- Diet in Typhoid and Tuberculosis.

Unit II -- DIET FOR PRE AND POST OPERATIVE CONDITION AND BURNS:

- Concept of pre and post operative condition.
- Surgery of gastrointestinal tract – causes and types.
- Nutritional modifications and planning of pre and post operative diet.
- Classification of Burns.
- Nutritional modifications and planning of diet for Burns.

Unit III -- DIET FOR KIDNEY DISEASES:

- Renal function and disease.
- Types of Kidney disease.
- Causes and symptoms of kidney diseases.
- Dietary modifications in kidney diseases.

Unit IV -- DIET FOR LIVER DISEASES:

- Etiology of Hepatitis, cirrhosis and Hepatic coma.
- Causes, symptoms and types hepatitis.
- Dietary modifications in hepatitis, cirrhosis and hepatic coma.

SECTION – II COMMUNITY NUTRITION

Unit V-- CONCEPT OF COMMUNITY NUTRITION:

- Difference in Community and Public nutrition.
- History, Philosophy and Principles of Community nutrition.

Unit VI-- NUTRITIONAL PROBLEMS IN SPECIFIC GROUP AND ASSESSMENT METHODS:

- Prevalence of nutrition related problems in following vulnerable groups-
 - Infant
 - Pregnant woman.
 - Lactating mother.
- Methods of assessment of nutritional status:
 - Diet survey.
 - Anthropometric measurement.
 - Clinical examination.
 - Biochemical assessment.

Unit VII-- NATIONAL AND INTERNATIONAL ORGANIZATIONS:

- Objectives, role and services of following national and international organizations related to nutrition-
 - NIN
 - ICMR
 - FAO
 - WHO

Unit VIII-- NUTRITION EDUCATION:

- Concept of nutrition education
- Nutrition education through-
 - Nutritional Feeding programme.
- Use of Audio visual Aids in nutrition education.
- Role of training workers in nutrition education.
- Planning, controlling and evaluations of nutrition education programme.

PRACTICALS:

- 1) Assessment of nutritional status of any one group of community using different methods of assessment.
- 2) Celebration of -
 - a. Nutrition week.
 - b. World Food day.
 - c. WHO day.
- 3) Planning and preparation of modified diet for following diseases.
 - a. Chronic fever
 - b. Surgery of stomach
 - c. Burns
 - d. Jaundice
 - e. Cirrhosis.
 - f. Acute and chronic Renal Failure.

Examination Pattern of Practical – (Internal Evaluation): Total : 10 Marks

Scheme of marking of practical examination:

- | | | | |
|-----|--|---|-----------|
| 14) | Writing and submission of reports on any one of the celebrated event. | } | 5 Marks |
| 15) | Planning and preparation of modified diet for any one of the disease - | } | 10 Marks |
| | Distribution of 10 Marks | | |
| | a) Planning | | |
| | Diet Plan : | | 02 Marks |
| | Nutritive Value: Calculation | | 02 Marks |
| | RDA Writing : | | 02 Marks |
| | b) Organoleptic Evaluation | | |
| | Taste : | | 01 Mark |
| | Appearance : | | 01 Mark |
| | Selection : | | 01 Mark |
| | Texture : | | 01 Mark |
| 16) | Journal | - | 05 Marks. |

REFERENCES :

Books :

- 1) Food Nutrition and Dietetics – M. Raheena Begum:
- 2) Human Nutrition and Dietetics – Davidson and Passmore:
- 3) Assessment of Community Nutritional status – Jelliffe:
- 4) Food, Nutrition and Health – Vijaya Khader :
- 5) **आहार आणि पोषण - मिनाक्षी तारणेकर :**
- 6) **पोषण आणि आहारशास्त्र परिचय - सरल लेले :**
- 7) **मानवी पोषण व आहारशास्त्राची मुलतत्वे - डॉ. आशा देऊस्कर :**
- 8) **पोषणशास्त्र - डॉ. मंजुषा :**
- 9) Shubhangini A Joshi – Nutrition and Dietetics.