



Shri Vishwanath Post Graduate College

Kalan, Sultanpur (U.P.)

(Affiliated)

“तन्मे मनः शिव संकल्पमस्तुः”

[DR. RAM MANOHAR LOHIA AVADH UNIVERSITY, AYODHYA]

Structure of Syllabus

PROGRAM: B.A.

SUBJECT: Home Science

SEMESTER-WISE TITLES OF THE PAPERS IN COURSE

YEAR	SEME-STER	COURSE CODE	PAPER TITLE	THEORY/ PRACTICAL	CREDIT
CERTIFICATE COURSE					
FIRST YEAR	I	A130101T	Fundamentals of Nutrition and Human Development	Theory	4
		A130102P	Cooking Skills and Healthy Recipe Development	Practical	2
	II	A130201T	Introduction to Clothing and Textile & Family Resource Management	Theory	4
		A130202P	Clothing and Textile	Practical	2
DIPLOMA COURSE					
SECOND YEAR	III	A130301T	Advance Nutrition and Human Development	Theory	4
		A130302P	Human Development	Practical	2
	IV	A130401T	Housing and Extension Education	Theory	4
		A130402P	Resource Planning and Decoration	Practical	2
DEGREE COURSE					
THIRD YEAR	V	A130501T	Surface Ornamentation of Fabrics	Theory	4
		A130502T	Community Development & Programme Planning	Theory	4
		A130503P	Community Transformation (Change)	Practical	2
		A130504R	Research Project-1	Project	3
	VI	A130601T	Dietetics & Therapeutic Nutrition	Theory	4
		A130602T	Research Methodology and Gender Development	Theory	4
		A130603P	Therapeutic Diet Preparation & Nutrient Evaluation	Practical	2
		A130604R	Research Project-2	Project	3

Semester – I

Paper-I (Theory)

A130101T- Fundamentals of Nutrition and Human Development

Unit	Content
I	Traditional Home Science and its Relevance in current era. Contribution made by Indian Home Scientists i.e. M Swaminathan, C V Gopalan, S K Day, Ravindra Nath, Tagore etc.
II	Cell and Digestive System. Respiratory and Cardiovascular system
III	Food and Nutrition: Food- Meaning, Classification and function Nutrition- Concept of Nutrition Nutrients-Macro and Micro, sources and deficiency diseases.
IV	Cooking Methods- Methods, Advantages and Disadvantages Preservation of Nutrients while Cooking. Traditional methods of enhancing nutritional value of foods germination, fermentation, food synergy etc.
V	Introduction to Human Development: <ul style="list-style-type: none">• Concept, Definition and need to study of Human Development• Domains, Stages and contexts of development, Principles of Growth and Development, Determinants of Development- heredity and environment
VI	Prenatal Development and Birth Process: <ul style="list-style-type: none">• Conception, Pregnancy and Childbirth, Stages of birth• Types of delivery (natural, c-section, breech, home vs. assisted delivery)• Physical appearance and capacities of the new-born• Factors affecting Pre-natal development.
VII	Infancy: <ul style="list-style-type: none">• Developmental tasks during Infancy and Preschool Stage.• Physical and Motor Development.• Social and emotional development• Cognitive and language development
VIII	Early Childhood (Pre School) years: <ul style="list-style-type: none">• Developmental Tasks during Early childhood.• Physical and Motor Development• Social and emotional development• Cognitive and language development

Suggested Readings:

1. Text Book of Biology for 10+2 Students (NCERT)
2. Sumati R Mudami, “Fundamentals of food Nutrition and Diet Therapy” , New Age International Pvt. Ltd, New Delhi , 6th Ed. (2018)
3. Punita Sethi and Poonam Lakda , “Aahar Vigyan, Suraksha evam Poshan” ; Elite Publishing House, New Delhi ;2015
4. Dr. Anita Singh, AaharEvamPoshanVigyan, Star Publications, Agra
5. Dr.DevinaSahai, AaharVigyan, New Age International Publishers, New Delhi
6. Aadhunik Vikasatmak Manovigyan , Shri Vinod Pustak Mandir Agra Edition 3rd 2015
7. Chatterjee, C.C , “Human Physiology” Medical Allied Agency ; Vol I , II .

Paper- II (Practical)

A130102P - Cooking skills and healthy recipe development

Unit	Topics
I	Basic cooking skills - Weighing of raw materials - Preparing of different food items before cooking
II	Preparation of various dishes using different methods of cooking - Boiling /steaming - Roasting - Frying – Deep/shallow - Pressure cooking - Hot air cooking/Baking
III	Different styles of cutting fruits and vegetables - Salad Decoration/Dressings
IV	Preparation of nutrient rich dishes - Protein rich dish - Carbohydrate rich dish - Fat rich dish - Vitamins rich dish - Minerals - Fibers

Suggested Readings:

1. Dr. Brinda Singh, Manav Sharir evam Kriya Vigyan Panchsheel Prakashan, Jaipur;2015, 15th Ed.
2. Dr.Nitu Singh, PrayogikGrihVigyan, SahityaPrakashan, Agra
3. Chatterjee, C.C , “Human Physiology” Medical Allied Agency ; Vol I , II .
4. Text Book of Biology for 10+2 Students (NCERT)
5. Sumati R Mudami, “Fundamentals of food Nutrition and Diet Therapy” , New Age International Pvt. Ltd, New Delhi , 6th Ed. (2018)
6. Punita Sethi and Poonam Lakda , “Aahar Vigyan, Suraksha evam Poshan” ; Elite Publishing House, New Delhi ;2015

Semester – II

Paper-I (Theory)

A1130201T- Introduction to Clothing & Textiles & Family Resource Management

Unit	Content
	PART – A
I	Introduction- a) Introduction to Clothing and Textile (b) Its importance in day-to-day life (c) Scope (d) Classification of textile fiber on the basis of their source (e) General properties of fibers- primary and secondary
II	Knowing Fibers- Manufacture, processing, properties and uses of - (a) Cellulosic Fibers- cotton, Linen (b) Protein Fibers-Wool, Silk (c) Synthetic/Manmade fibers-Nylon, Polyester, Acrylic, Rayon.
III	Yarn to Fabrics- (a) Definition of Yarn, Manufacture of Yarn and Yarn Properties (b) Different fabric construction techniques (Weaving, Knitting, Felting, Braiding, Non-woven) (c) Weaving of Cloth-Terminologies and Steps in Weaving. (d) Types of weaves- Basic and Decorative
IV	Clothing Construction- (a)Tools for Clothing construction (b) Introduction to sewing machines, its parts and maintenance, (c) Importance of Drafting, Draping, Flat pattern techniques - advantages & disadvantages (d) fabric preparatory steps for stitching a garment - preshrinking, straightening, layout, pinning, marking and cutting.
	PART – B
V	Introduction to Home Management: Basic Concepts, Purpose and Obstacles of Management. Process of Management – Planning, Organizing, Controlling and Evaluation. Motivating Factors in Management – Values, Goals and Standards – Definition and Classification.
VI	Resources, Decision making & Family life cycle: Meaning, Characteristics, Types and Factors affecting the use of Resources. Steps and Role of Decision Making in Management. Stages of Family Life Cycle.
VII	Time, Energy and Money Management: Time as a Resource, Steps in making Time Plan, Tools and Aids in Time Management. Energy as a Resource, Work Curve, Fatigue-Types, Causative Factors and Alleviating Techniques. Family income as a Resource, Sources of Income and Expenditure and Saving. Preparation of Family budget in view of family income.
VIII	Work Simplification and Household Equipments: Meaning and Techniques of Work Simplification, Mundell’s Classes of Change. Principle, Use and Care of Household Equipments such as Pressure Cooker, Mixer and Grinder, Refrigerator, Washing Machine, Vacuum Cleaner & Solar Cooker.

Suggested Readings:

1. Patni Manju & Sharma Lalita, Grah Prabandh, Star Publications Agra.
2. Khanuja, Reena (2018) Grah Vyavastha avam Grah Sajja. Agrawal Publications, Agra ISBN: 978-93-81124-96-3
3. Varma , Pramila. Vastra Vigyaan Avam Paridhan:Madhya Pradesh Hindi Granth Academy,Bhopal.
4. Varghese, M.A. Household Equipment Manual, S.N.D.T Women’s University, Mumbai.

Paper-II (Practical)
A130202P - Clothing and Textiles

Unit	Topics
I	Identify fibers and fabrics- (a)Fibre identification tests- Visual, burning and microscopic-natural and synthetic, pure and blended fibres. (b) Weaves identification and understanding their usage.
II	Learning to stitch (a) Knowing how to stitch-an idea of straight-line stitching, stitching on curves and at corners (b) Basic Stitching-Temporary Stitching, Permanent and decorative stitching
III	Basic sewing (a) Seams-Plain seams and its finishing, run & fell seam, French seam (b) Attaching different Fasteners (c) Disposal of fullness-darts, gathers, tucks and pleats (d) Neckline Finishing-Facing & Binding
IV	Preparing Frock (a)Drafting, cutting and stitching of Childs' basic block and sleeve block. (b)adaptation to "Gathered frock" with Peter Pan collar and puff sleeves

Suggested Readings:

1. Cutting Tailoring and Dress Making: National open School, B-31-B Kailash Colony, New Delhi – 1100048.
2. R Bhatia & C Arora (1999), Introduction to Clothing and Textile, Printed by Macho Printery, Raopura, Baroda.
3. Complete Guide to Sewing by Reader's Digest: published by The Reader's Digest Association (Canada) Ltd. Montreal-Pleasantville, NY, 2002.
4. Helen J Armstrong, Pattern Making for Fashion Design, Prentice Hall
5. Gerry Cooklin, Introduction to Clothing Manufacture, Blackwell Science, UK, 1991
6. Metric Pattern cutting & Grading by Winfred Aldrich.
7. Khanuja, Reena. Vastra Vigyaan ke Sidhant, Agrawal Publication, Agra.

Semester – III

Paper-I (Theory)

A130301T- Advance Nutrition and Human Development

Unit	Content
I	Meal Planning- Definition , importance , factors affecting meal planning , Balanced Diet , RDA
II	Nutrition During Infancy and Childhood- Nutrition Requirement, RDA and Diet Plan
III	Nutrition During Adolescence, Adulthood and Old Age. Nutrition Requirement, RDA and Diet Plan
IV	Nutrition During special condition pregnancy and lactation Nutrition Requirement, RDA and Diet Plan.
V	Middle Childhood Years- Developmental tasks and characteristics of middle childhood period <ul style="list-style-type: none">• Physical and motor development• Social & emotional development• Cognitive development• Language development
VI	Puberty and Adolescence <ul style="list-style-type: none">• Development tasks and characteristics• Significant Physical physiological and hormonal changes in puberty.• Self and Identity, Factors influencing Identity& Personality development.• Family and peer relationship• Problems – Drug and Alcohol abuse, STD, HIV/AIDS, Teenage pregnancy.
VII	Cognitive, Language and Moral Development during Adolescence: <ul style="list-style-type: none">• Perspective on cognitive development, development of intelligence and Creativity• Adolescent language• Adolescent Morality
VIII	Introduction to adulthood: <ul style="list-style-type: none">• Concept, transition from adolescence to adulthood• Developmental tasks of Adulthood• Physical and physiological changes from young adulthood to late adulthood Responsibilities and adjustments-educational, occupational, marital and parenthood

Suggested Readings:

1. Sheel Sharma , “Nutrition and Diet Therapy, Peepee Publishers , New Delhi ; 2014
2. Ankita Gupta “ Text book of Nutrition” Medico Refresher Publisher, Agra, 2018
3. Subhangini A Joshi; Nutrition and Dietetics, Mc Graw Hill Education, Private Ltd.
4. Swaminathan M, " Essentials of Food and Nutrition Vol I and II
5. Monaster G.J. 1 Adolescent Development Life Tasks. Mc.Graw Hill (1977).
6. Ambron S.R. Child Development Holt, Renshart and Winston 1978 (IInd Edition).
7. Aadhunik Vikasatmak Manovigyan , Shri Vinod Pustak Mandir Agra Edition 3rd 2015
8. Harpalani. Aahar Vigyaan avam Upcharatmak Poshan, Star Publications ,Agra.

Paper-II (Practical)

A130302P - Human Development

Unit	Topics
I	Preparation of an album on developmental milestones of children. Prepare child literature. Visit to Child Care Centres/ anganwadi
II	Study of physical, social, emotional, cognitive, language development (any two). Observations of child rearing practices in families from different social classes
III	Interviews of adolescent girls and boys to understand their life style, behaviour and problems.
IV	Carry out case studies to know more about the different life stages, e.g., school going children, adolescents, Young adults. (any two)

Suggested Readings:

1. Monaster G.J. 1 Adolescent Development Life Tasks. Mc.Graw Hill (1977).
2. Ambron S.R. Child Development Holt, Rinehart and Winston 1978 (IInd Edition).
3. Mussen P.H. Conger J.J. Kagan J and Huston A.C. 1990. Child Development and
4. Personality (VI Edition) Harper and Row Publishers New York.
5. Boeknek G. Human Development Brook and Cole Publishing Company 1980.
6. Aadhunik Vikasatmak Manovigyan , Shri Vinod Pustak Mandir Agra Edition 3rd 2015

Semester – IV

Paper-I (Theory)

A130401T - Housing & Extension Education

Unit	Content
I	Housing: Needs of a House, Difference between House & Home, way to acquire house (Own & rented). Factors influencing selection and purchase of house and site for house building.
II	House Planning: Principles of house planning, Planning different residential spaces in a house. Planning house for different income groups
III	Interior Designing: Introduction to Interior designing. Importance of good taste. Objective of Interior decoration. Elements of design – Line, Shape, Texture, Color, Pattern, Light & Space. Principle of design- Proportion, Balance, Rhythm, Emphasis, Harmony.
IV	Home Decors: Furniture, Furnishings (Curtain, Draperies, Floor coverings, Wall ceiling, Lighting, Accessories (Wall painting, Mirrors, wall art, Sculpture & Antiques, Flower arrangements) etc.
V	Extension Education: Meaning, Concepts, Objectives, Scope, Principles, Philosophy of Extension Education. Early Extension Efforts in India. Formal & Non-formal Education.
VI	Extension Teaching & Learning: Role and Qualities of an Extension worker. Steps in Extension Teaching Process, Criteria for Effective Teaching & Learning.
VII	Communication & Extension Teaching Methods: Definition, Importance, Characteristics, Elements, Models & Challenges in communications. Relationship between Communication, Extension & Development. Extension Teaching Methods- Classification, Factors guiding the Selection & use of Extension teaching methods.
VIII	Audio- visual Aids: Definition, Importance, Classification, Selection, Preparation & Effective use of Audio-visual Aids.

Suggested Readings:

1. Patni Manju & Sharma Lalita, Grah Prabandh, Star Publications Agra
2. Craig, H.T. and Rush, O.D. (1966). Homes with Character. Heath, 1966.
3. Goldstein. H & Goldstein V. (1954). Art in Everyday Life Macmillan Publishers.
4. Rutt, A.H. (1963) Home furnishing. John Wiley & Sons, Inc.;
5. Supriya, K.B. (2004). Landscape gardening and designing with plants. Pointer Publishers.
6. Jaipal Singh.” Prasar Shiksha avam Gramin Vikas” SR Scientific Publications, Agra
7. Supe A.N. (1983). An introduction to Extension Education. Delhi: Oxford IBH Publishing

Paper-II (Practical)

A130402P - Resource Planning and Decoration

Unit	Topics
I	<ul style="list-style-type: none">• Preparation of time plans for self and family.• Drafting family budget for different income groups.
II	<ul style="list-style-type: none">• Market Survey of Household Equipments- (Pressure cooker, Toaster, Gas Stove, Mixer & Grinder, Refrigerator, Washing machine, Microwave, Solar cooker)
III	<ul style="list-style-type: none">• Draw House Plans Standard Specifications & Furniture Layout.
IV	<ul style="list-style-type: none">• Preparation of Color wheels & Color schemes.• Flower Arrangement & Floor Decoration (Rangoli)- Application of Design principles and Elements of Art , Innovation of new styles.

Suggested Readings:

1. Alexander. N.J., (1972). Designing Interior Environment. New York: Harcourt Brace,
2. Bhargava, B. (2005). Family Resource Management and Interior Decoration, Jaipur: Apple Printer and V. R. Printers.
3. Faulkner, R., and Faulkner, S. (1975). Inside Today's Home, New York: Rinehart.
4. Gandotra, V., and Jaiswal, N. (2008). Management of Work in Home, New Delhi: Dominant Publishers and Distributors. (ISBN No. 81-7888-526-3)
5. Harmon. S., and Kennon, K. (2018). The Codes Guidebook for Interiors (5thEd.). New York: Wiley (ISBN: 978-1-119-34319-6)
6. Johanovich Inc. Ball, V. K. (1982). Art of Interior Design. New York: John Wiley & Sons.
7. Leach, S. D. (1978). Techniques of Interior Design Rendering and Presentation (1st Ed.). Architectural record Books (ISBN-13: 978-0070368057)
8. Mohanty, A.B. (1985). Guide to House Buildings. New Delhi: Inter India Publications
9. Patni Manju & Sharma Lalita, Grah Prabandh, Star PublicationsAgra.

Semester –V

Paper-I (Theory)

A130501T - Surface Ornamentation of fabrics

Unit	Content
I	Techniques of Creating variety on fabrics (a) weaving (b) finishing of fabrics(c) dyeing of fabrics(d) printing fabrics(a) embroidery and other decoration methods
II	Finishes (a) Classification of fabric finishes (b) Study of purpose and process of finishes (i) General Purpose finishes-Bleaching, Mercerization, Calandring, Sanforization, Tentering, Singeing, Scouring (ii) Functional Finishes
III	Dyeing (a) Classification of dyes- Natural v/s Synthetic, advantages and limitations (b) Theory of dyeing (c) Properties and use of Dyes-Basic, Acidic, Direct, Azoic, Natural, Sulphur, Vat, Disperse and Reactive dyes (d) Resist Dying Techniques- Tie & Die, Batik.
IV	Printing (a) Direct printing- Block, Screen, Stencil, Roller (b) Transfer printing (c) Discharge printing, Resist printing (d) Polychromatic, Inkjet and Digital printing techniques (e) After treatment of dyed and printed goods
V	Traditional Embroideries: Meaning and status of traditional crafts in India, Knowing about the Traditional Embroideries of different states - Zardozi, Kashida of Kashmir, Phulkari of Punjab, Kantha of Bengal, Chikankari, Kasuti, of UP, Sindh and Kutch work of Gujarat.
VI	Traditional Textiles: Knowing the Traditional textiles of different states of India (a) Woven fabrics- Baluchars, brocades, Kashmir carpets, Patola, Ikat, Pochampalli, Chanderi (b) Printed, painted and dyed-Sanganeri, Bhagru, Kalamkari, Madhubani, Bandhani.
VII	Water (a) Water and its uses in textile industry , properties, (b)types of water used for processing (c) Hardness and removal of Hardness of water.
VIII	Laundry and dry cleaning of fabrics and garments (a) Methods of Laundry and Dry cleaning (b) Dry cleaning process (c) Reagents of Laundry- Blues, Bleaches, Optical Brighteners, Stiffening agents (d) Types of soaps and detergents (e) Cleaning action of soaps and detergents.

Suggested Readings:

1. Marsh JT: Textile Finishes
2. Trotman Er: Dyeing And Chemical Technology Of Fibres
3. Joseph M: Introduction To Textiles
4. Corbman P Bernard: Textiles- Fibre To Fabric
5. Hollen & Saddler: Introduction To Textile
6. J. Hall: The Standard Hand Book Of Textiles, Wood Head Publication, 2004
7. J.E. Smith: Textile Processing –Printing, Dyeing, Abhishek Publishing, 2003
8. Kate Broughton: Textile Dyeing, Rockport Publishers, 1996
9. W.S. Murphy: Textile Finishing, Abhishek Publication, 2000
10. Naik.D. Shailiaja:Traditional Embroideries Of India, New Age International Publishers, 1996
11. Naik.D. Shailiaja, Jacquie.A. Willson: Surface Designing Of Textile Fabrics, New Age International Publishers,2006
12. Bhargav, Bela. Vastra Vigyaan, Univ. Book House Pvt. Avam Dhulai Kala,University Book House Pvt Ltd. Jaipur
13. Patni .Manju, Vastra Vigyaan Avam Paridhan ka Parichay ,Star Publications, Agra.

Paper-II (Theory)

A130502T - Community Development & Programme planning

Unit	Content
I	Community Development: Meaning, Definition, Functions, Objectives, Philosophy, Principles of Community Development Programme in India.
II	Community Development Organization: Meaning, Types, Principles, Role & Administrative Structure at the National, State, District, Block & Village levels.
III	Home Science Extension Education in Community Development: Origin, Concept, Need, Importance and Contribution of Home Science Extension Education in National Development.
IV	Recent Development Programme for Women & Children: Support to Training & Employment for women (STEP), Swarn jayanti Gram Swarajgar Yogn (SGSY), Integrated Child Development Services (ICDS) etc.
V	Support Service of Youth Development: NCC, NSS, Youth Camp, Youth Clubs etc.
VI	NGO & Others: Contribution towards community services, Types & Role of NGO - WHO, CARE, UNICEF, UNESCO, UNDP, CRY, HELP-AGE INDIA.
VII	Leadership: Concept, Definitions, Types, Importance, Function and Role of Community leaders. Methods of Identifying and Training of leaders.
VIII	Programme Planning: Programme planning component cycle and its components- (i) Designing the project – Defining the objectives, Identifying resources, approach, feasibility and Work plan. (ii) Implementation. (iii) Monitoring and Evaluation.

Suggested Readings:

1. Clark John. (1991). Voluntary Organizations: Their Contribution to Development. London: Earth Scan
2. Dahama, O.P., & Bhatnagar, O.P. "Extension & Rural Welfare". New Delhi: Oxford and IBH Publishing Co. Pvt. Ltd.
3. Ghosh Bhola Nath, (1996), "Rural Leadership & Development" Mohit Publications, New Delhi.
4. Julie Fisher. (2003). Governments, NGO's and the Political Development of the Third World. Jaipur: Rawat Publications
5. Mohsionnadeem, (1985), "Rural Development through Government Program" Mittal Publications New Delhi.
6. Manju Patni & Harpalini, (2018) Prasar Shiksha avam sanchar, Star Publications, Agra.
7. Reddy, A [1987]. "Extension Education". Bapatha, Andra Pradesh, India.: Sreelekshmi Press.
8. Ravi Shankar Kumar Singh. (2003). Role of NGO's in Developing Countries (Potentials, Constraints and Policies). New Delhi: Deep & Deep Publications (P) Ltd

Paper-III (Practical)

A130503P - Community Transforming (change)

Unit	Topics
I	Identify the target group & their relevant issues i.e. help nutrition, Education, Women's & Family issues followed by preparing a report.
II	Observe & Critical analysis nearby community of women & children related welfare programme followed by the preparation of report.
III	Prepare & learn the use of Audio-visual Aids.
IV	<ul style="list-style-type: none">▪ Identify to create an awareness on the existing contemporary issues.▪ Develop a script in the Folk drama (Nukkad Natak) format to perform in the target group.

Suggested Readings:

1. Mondal Sagar, Misra OP (2018) "Fundamentals of Extension education & Rural Development", Kalyani Publications, New Delhi.
2. Mortiss PD (1988) Agricultural Extension- Practical Manual" Department of Primary Industries, Queens Land Government.
3. Pradhan.K. Varaprasad.C (2018) Glimpses of Practical in Extension Education, New India Publishing Agency. New Delhi
4. Jaipal Singh." Prasar Shiksha avam Gramin Vikas" SR Scientific Publications, Agra

Paper-IV (Project/Research Project)

A130504R - Community and Life Science

Unit	Topics
I	Survey of community services surrounding living area of candidate The Candidate has to explore the surroundings and study / identify problem in any one of the following- It may include Anganwadi/ Health services/ Market / Dairy/ Agricultural farmland / NGO / Crèche/ Nursery School/ Hospital/ Fitness center/ Diet councillor/ Boutique/Balwadi/ Youth center/ Primary school/ Vridha Ashram(old age home)/ Divang school/ Mentally challenged institution/ Village panchayat / School councillor/ Dyeing or printing Unit/ Cottage level embroidery or food processing unit / SHGs/ Bank schemes/ Subsidies available/ Industry producing consumer goods
II	Seek permission to carry the visits, Plan Visits to the area/ site for developing an understanding
III	Develop a tool for conducting a survey of the selected area and collect data from the area/ seek permission to conduct short training in the area.
IV	A detailed Report to be prepared and submitted.

Semester – VI

Paper-I (Theory)

A130601T- Dietetics And Therapeutic Nutrition

Unit	Content
I	Introduction a) Definition of Health Dietetics and Therapeutic Nutrition b) Importance of Diet Therapy c) Facts about fast foods/Junk foods d) Objectives of therapeutic Diet e) Principles of diet therapy
II	Diet and feeding methods a) Modification of normal diets for therapeutic purposes b) Methods of modification- <input type="checkbox"/> On the basis of nutrients <input type="checkbox"/> On basis of consistency c) Different feeding methods- <input type="checkbox"/> Oral feeding <input type="checkbox"/> Tube feeding
III	Energy Metabolism a) The calorific value of food b) Measurement of energy exchange in the body <input type="checkbox"/> Direct calorimeter <input type="checkbox"/> Indirect calorimeter c) Factors influencing the Basal Metabolic Rate d) Factors influencing the total energy requirement
IV	Diet during fevers and infections a) Introduction to fever – 1. Acute fever 2. Chronic fever b) Important changes in nutrition during fever c) Modification of the diet
V	Diet during Digestive system disorders a) Peptic ulcers–Causes, symptoms and diet modification b) Diarrhea and Constipation – Causes, treatment and diet modification
VI	Weight Management a) Overweight and Obesity – 1-Introduction to Obesity 2–Causes of Obesity 3–Diet Modification b) Underweight- 1–Causes 2–Treatment 3–Diet Therapy
VII	Therapeutic Diets in Cardiac Diseases a) Atherosclerosis- 1–Introduction 2–Dietary factors influencing lipid level in blood 3–Modification of diet and Meal Pattern b) Hypertension- 1–Causes and symptoms 2–Diet in Hypertension
VIII	Endocrinal Disorders a) Introduction to endocrinology b) Various endocrine glands and their functions : Thyroid, Adrenal and Pancreas c) Diabetes Mellitus–occurrence types, symptoms, metabolic changes, dietary modification and educating the patient

Suggested Readings:

1. B Srilakshmi- “Dietetics” , New Age International Publishers, New Delhi 2017
2. Dr.DevinaSahai, SamanyaEvamUpcharatmakPoshan, New Age International Publishers.
3. Dr. Brinda Singh- Aahar Vigyan evam Poshan, , Panchsheel Prakashan, Jaipur, 2015; 13th Ed.
4. Kumud khanna– “Text book of Nutrition and Dietetics” , Elite Publishing House Pvt. Ltd, New Delhi, 7th Ed. 2013

Paper-II (Theory)

A130602T- Research Methodology and Gender Development

Unit	Content
I	Social Research: Concept, Scope, Steps of research
II	Sampling- Concept, Techniques, Principles and Limitations of sampling.
III	Data Collection: Sources of Data Collection: Primary & Secondary Tools of Data collection: Interview schedule, Observation, Questionnaire Methods of data collection
IV	Report Writing- Summary, Conclusion and Recommendations, Writing references, Writing process of research report: Formal Style of writing, Preface, Chapterization, Headings, Tables and Figures, Appendices, Bibliography and Acknowledgement
V	Women in Development: Capacity Building for women- Education, Decision Making abilities, Opportunities, Awareness & Information on social and legal issues.
VI	Women's Organizations & Collective Strength: Women's action groups and women's participation in development initiative.
VII	Employment Trends of women: Need for self-employment, Opportunities & challenges in an organized and un-organized sector.
VIII	Entrepreneurship Development to empower women: Motivation, Development of women entrepreneurs in India, Schemes available to encourage women entrepreneurship. (a) Bhartiya Mahila Bank Business Loan (b) Annapurna Scheme. (c) Stree Shakti Package (d) Mudra yojana scheme for women. (e) Mahila udyam nidhi scheme.

Suggested Readings:

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
4. Good, Carter, Scales and Douglas: Methods of Research
5. Bhasin, Kamla (2000). Understanding Gender. New Delhi. Kaali for Women.
6. Devi, Uma (1994). Women Work, Development and Ecology. New Delhi, Har- Anand Publications.
7. Patni , Manju. Anusandhan Vigyaan , Star Publications, Agra.
8. Sudha, G.S. Vyavsayik Prabandh ke Siddhant avam Udyamita,RBD Publications.
9. Gupta ,U.C.Udyamita Vikas,Kailash Pustak Sadan, Bhopal
10. Suggestive digital platforms web links- e-PG Pathshala – Inflibnet

Paper-III (Practical)

A130603R - Therapeutic Diet Preparation and Nutrient Calculation

Unit	Topics
I	Modification of normal diet for therapeutic purposes preparation and presentation
II	Therapeutic Diet Preparation and Nutrient Calculation of - Diet in fever - Diet in diarrhea - Diet in Constipation
III	Therapeutic Diet Preparation and Nutrient Calculation of some Common Disorders - Diet in diabetes Mellitus - Diet in Hypertension - Diet in Atherosclerosis
IV	Dietary Modification for weight management – Preparation and Nutrient Calculation of diet in- - Overweight & obesity - Underweight

Suggested Readings:

1. B Srilakshmi- “Dietetics” , New Age International Publishers, New Delhi 2017
2. Bamji MS, Krishnaswamy K and Brahmam GNV(Eds) (2009), Text book of Human Nutrition, 3rd Edition , Oxford & IBH Publishing Co. Pvt. Ltd. New Delhi
3. Dr. Brinda Singh- Aahar Vigyan evam Poshan, , Panchsheel Prakashan, Jaipur, 2015; 13th Ed.
4. Dr. Sheel Sharma, “Nutrition and Diet Therapy” PEEPEE Publishers and Distributers (P) Ltd. Delhi, 2014, 1st Ed.

Paper-IV (Research Project)

A130604R - Community and Life Science

Unit	Topics
I	The Candidate has to select and give inputs in any one of the following. It many include- Anganwadi/ Health services/ Market / Dairy/ Agricultural farmland / NGO / Crèche/ Nursery School/ Hospital/ Fitness center/ Diet councillor/ Boutique/Balwadi/ Youth center/ Primary school/ Vridha Ashram(old age home)/ Divang school/ Mentally challenged institution/ Village panchayat / School councillor/ Dyeing or printing Unit/ Cottage level embroidery or food processing unit / SHGs/ Bank schemes/ Subsidies available/ Industry producing consumer goods
II	An intervention plan would be developed based on problem identified in the area/ a field visit is mandatory to develop an understanding of the whole process.
III	The planned intervention to be carried in the selected area based on the intervention, the pre-intervention state and post intervention data has to be collected and compared / based on visit and interaction the detailed in depth data has to be collected.
IV	A detailed Report is to be submitted and evaluated.