

Paper I: Advance Human Development A130701T

Unit I Human Development

- Concept,
- Principles,
- Growth and Development.
- **Pre- natal period and Birth-**
- Development, genetic and environmental
- Factors affecting prenatal Development,
- Delivery and birth.

Unit II Infancy

- Physical and perceptual development
- Cognitive, social and emotional development.
- Language development

Unit-III Early and Middle Childhood

- Physical and motor development
- Cognitive development
- Social and Emotional development,
- Language development

Unit-IV Adolescence

- Physical development
- Cognitive development
- Social and emotional development.
- Problems during adolescent

Unit-V Adulthood

- Physical, sensory and cognitive changes during
- adulthood,
- Social and emotional development
- Adjustment problems during adulthood

References:

1. Berk L.E., Child Development, Allyn and Bacon, USA, 2000
2. Devadas R.P.C.& Jaya N.A.-Textbook on Child Development, McMillan India Ltd. Delhi, 1996
3. Dehart G.B.&Sroufe. L alan. Child Development- its Nature and Course
4. Papalia D.E., Human Development, Tata McGraw Hills publishing Company 1997
5. Stuart Clark-Life Span Development.

6. Santrok John W.- Child Development McGraw Hill.
7. Turner Jeffery.S. & Life Span Development, Harcourt Helms. Donald B

A130702T: Human Development: Theories and Current Trends

Unit I

Early Theories

Historical foundation, philosophies of the enlightenment.

Scientific Beginnings, Normative period.

Unit II

Psychoanalytical perspectives.

Fred's Theory, Three parts of personality, psychosocial

Theory- Erik Erikson

Contribution and limitations of the psychoanalytical perspective.

Unit III

Behaviorism and social learning theory

• Social Learning Theories- Albert Bandura

Learning Theories-Pavlov and Skinner

Contribution and limitations of behaviorism and social learning theories.

Unit IV

Cognitive Development Theory- Jean Piaget

Piaget's stages

Contribution and limitations of Piaget and Theory

Socio- Cultural Theory of Cognitive

Development- Vygotsky

Unit V

• Kohlberg's Moral Judgment Theory

• Ecological Theory-Vrie Bronfenbrenner

Recent Theoretical Perspectives of Human Development.

Reference:

- Child Development-L.E. Berk Basten- Allyn& Bacon, London.
- Child Development-E.B. Hurlock.
- Child Development & personality-P.H.Mussen, J.J. Conger & J.Kagan, A.C. Huston-Harper& Row Publications, New York.
- Child Development-An Introduction-J.W. Santrock & S.K.Yussen Iowa WMC,Brown Publishers.
- Child Development: Infancy through Adolescence- A. Clarke Stewart & S. Friedaman, Johnwiley, New York
- Developmental & personality- E.B. Harlock.
- Human Development-F.P. Rice- prentice Hall, New Jersey.

The Development of Children-M.Cole & S.Cole- Scientific American Books- Freeman& Co

Paper 3 : Gender & Development- A130703T

UNIT I

Gender and Development:

- Concept of gender
- Importance of gender differences in human development.
- Gender theories
- Basic Gender Disparities found in society

UNIT II

Gender identity,

- Gender Awareness, gender focus, Gender stereotyping, Gender Role behavior, Gender Labelling, Gender discrimination, Gender Mainstreaming, Gender sensitivity, Gender Disparity.
- Gender Discrimination in families. (Throughout life cycle)

UNIT III

Status of Women:

- Meaning, status of women, a situational analysis, demographic, education employment, political & health (general occupational & reproductive) changing scenario
- Gender equality in educational access,
- Impediments to female education, lacunae in health care system, population control, contraceptives & impact of women's health.

UNIT IV

Problems & issues related to gender issues:

- Child marriage, female feticide & infanticide, female mortality, discrimination in nutrition & health care, Dowry, divorce, domestic violence, sexual harassment, female exploitation, portrayal of women in mass media, efforts for elimination of all forms of discrimination & women's rights.

UNIT V

Policies and Programmes for Women's Development:

- National Policy for Empowerment of Women, policy perspectives, mainstreaming, a gender perspective in the development process Economic empowerment Social empowerment Legal empowerment

PRACTICALS

- Study of women's status in a community.
- Identification of women's problems in a community
- Preparation of an album on women's issues.
- Visit to Women Welfare Organizations

Suggested Readings:

- Anthropological Exploration in Gender- Intersecting fields; Leela Dube, Sage Publications, New Delhi.
- Encyclopedia of Human Rights & Women Development- V. Kaushik & B.R. Sharma, Sarup & Sons,
- Female Exploitation & women's Emancipation- Latika Menon, Kanishka Publishers Distributors,
- Girl Child in India- Leelamma Devasia & V.V.Devasia, Ashish publishing House, New Delhi.
- Indian Social Problems-G.R. Madn, Allied Publishers, New Delhi, vol. I&II.
- Sociology of Gender- The Challenge of Feminist Sociological Knowledge; Sarmila Rage, Sage Publications, new Delhi.
- The Changing Position of Indian Women- M.N. Srinivas, Oxford University Press, New delhi.
- Women, tradition & culture- M. Subbrmma; Steling Publishers Private Limited, new Delhi.
- Women Employment in India-B. Sahoo, Satanetra Publications, Bhubaneswar.
- Women and Development- Institute for Sustainable development- Laxmi Devi, Anmol Publishers.

Paper 4: Infant Stimulation Programmes-A130704T

UNIT I

Infancy

- Concept, characteristics, developmental task.
- Physical, social, emotional, cognitive and language development during infancy.
- Attachment theory

UNIT II

Stimulation:

- Definition, Importance, early experiences and developmental consequences,
- Family and environmental stimulation.

UNIT III

Child rearing practices:

- Importance of child rearing practices
- Role of environment in child rearing

UNIT IV

Infant stimulation concept:

- Infant stimulation (visual, auditory, tactile, vestibular olfactory, gustatory)
- Infant stimulation programmes

UNIT V

Infant stimulation programmes.

- Review of currently running infant stimulation programmes.

PRACTICALS

- Visit to different day care, infant and toddler centers.
- Observation and recording of development and behavior in different ecological settings.
- Study of existing stimulation practices and materials in home and institutional settings (infant, toddler centers, day care centres).
- Preparation of stimulation material for physical, motor, cognitive, Language, behavior, social and emotional domains.
- Development of stimulation kit from indigenous low cost materials and evaluation.
- Implementation of prepared programme in different ecological settings. Modification of the basis of evaluation

Suggested Readings-

- Child development, vi Edition Robert S. Feldman Pearson.
- Developmental Psychology: A life Span Approach Vth edition, Elizabeth B. Hurlock, Tata Mc. Graw- Hill Publishing Company Ltd. New Delhi.
- How to have smarter Baby: The infant Stimulation Program for enhancing your babys natural developmental mass market paper back- May 1, 1987

- Swaminathan (1998). The first five years: critical perspective on yearly childhood carry and education in India.

Paper 5: Community Nutrition A130705T

UNIT I

Concepts of community nutrition.

- Nutritional problems of the community and its implications for public health.
- Causes, incidence,
- Signs and symptoms and treatment of PEM, Vitamin A deficiency, Iron Deficiency, Iodine Deficiency, Fluorosis and Lathyrism.

UNIT II

Sociological factors contributing in the Etiology and Prevention of Malnutrition:

- Food production and availability, cultural influences, socio- economic factors, food consumption and distribution, emergency disaster conditions.

UNIT III

Assessment of Nutritional Status:

- Meaning Need, Objectives and Techniques.

Primary Methods:

- Anthropometric measurements: Weight, height, Skin Fold Thickness, head Circumference, MUAC, Chest Circumference; use of Growth Chart; Bio- chemical Assessment; Clinical Method; Dietary Survey- Types.

UNIT IV

Secondary Methods:

- Vital Statistics; Mortality rates- Crude death rate; infant mortality rate; maternal mortality rate; survival rate; morbidity rate: fertility rate.

UNIT V

Malnutrition and infection:

- Interrelationship between the two, Immunization.

PRACTICALS

- Assessment of a community using Rapid Assessment Procedure.
- To undertake Dietary Survey by different Methods.
- Calculation of food and nutrient intake of a particular class of people
- Determination of Hemoglobin Content in Human.
- Anthropometric assessments.
- Clinical Observations.

Suggested Readings-

- Publications of the International Life Science Institute.
- Serimashow N and Glesson G(ed.) (1991). Rapid Assessment Methodologies for Planning and Evaluation, Health Related Programme published by (INFDC) International Nutrition Foundation for Developing Countries.
- Stryer L (1984). 4th ed. Bio- Chemistry WH Freeman and Co.
- UNICEF's State of the World's Children.

- WHO ((1999) Nutrition for Health and development Progress and prospects. On the eve of the 215 Century WHO INHD, 99.9 Geneva.

Suggested Continuous Evaluation Methods-

- Test with multiple choice questions/short and long answer questions
- Theoretical classes followed with practical exercises on same content for assessing understanding and applied learning of students.

M.A./M.Sc. I Year (Semester II) Home Science
Paper 9: Early Childhood Care and Education- A130801T

UNIT I

ECCE: Concepts, objectives, need, scope and significance.

Types of Pre-school: Play Centers, Day Care, Montessori, Kindergarten, Balwadi, Aganwadi.

ECCE IN THE National policy on Education

UNIT II

Contribution of the thinkers in ECCE:

- Pestalozzi, Rousseau.
- Forbel, John Dewey,
- Maria Montessori,
- M.K.Gandhi and
- Rabindra Nath Tagore.

UNIT III

ECCE: in India:

* Pre Independence period, Post Independence- Kothari Commission,

* Contribution of Five Year plans to ECCE,

UNIT IV

Contribution of the mentioned agencies/ programmes to ECCE in India:

- ICCW, IAPE, NCERT, ICDS, UNICEF, NCTE
- Mobile Creche Etc.

UNIT V

Pre- School Centers:

- Concept,
- Administrative setup
- Functions and Organization.

Practical

- Visit to Early Childhood Care and Education Centres, recording information and observation and writing report.
- Planning ECCE programmes including infra-structural facilities and budget proposals.
- Conducting interaction programmes with teachers and parents.
- Developing literature for parents preparing & using Visual Aids.

Suggested Readings

- Grewal J.S,1998. Early Childhood Education- Foudation & practices, Harprasad

Bhargava Edu. Publishers, Agra.

- Mohanty & Mohanty, 1994. Early Childhood Care and Education, Deep & Deep Pub., New Delhi.
- Muralidharn R & Banerji V 1991: A Guide for Nursery School Teacher. NCERT, New Delhi.
- Singh B, 1997. Pre- School Education, APH Publishing Corp., New Delhi

Unit I

Classification & tabulation of Data:

- Meaning, objective and types of classification,
- Formation of discrete and continuous frequency distribution, tabulation of data, parts of a table, General Rule of tabulation,
- Types of tables,
- Diagrammatical and graphical presentation of Data:significance, types and limitation of different types of diagrams and graphs used for presentation of data.

UNIT II

Measure of Central tendency:

- Mean, Median, Mode and their uses with examples and their advantages and disadvantages.

UNIT III

Measure of Dispersion:

- Significance and methods used in studying dispersion(range, Quartile deviation, mean deviation and standard deviations) with their uses advantages and disadvantages.

UNIT IV

Test Of Relationship;

- Meaning, types and methods used to study correlation (simple Co- efficient of correlation, rand correlation, co- efficient of concurrent deviation and other methods) regression along with their uses, advantages & disadvantages. Testing of Hypothesis; Meaning; Basic concept concerning Testing of hypothesis, procedure for testing hypothesis, Errors in testing hypothesis.

UNIT V

Parametric and Non- parametric tests:

- Uses of chi square test, student't' test, and '2' test in testing hypothesis. Interpretation & Report writing; meaning, technique of interpretation, significance, steps followed, layout of report writing.
- Types of report and techniques of writing a report, The computer system, important characteristics and application in Research.

Practical

- Prepare resource file
- Classification and tabulation of data
- Measures of central tendency
- Measure of Dispersion

Suggested Readings:

- An Introduction to Statistical Methods- C.B. Gupta & V. Gupta- Vikas Publishing House PVT Ltd.

- Experimental Design in Psychological Research- Edwards
- Methodology and Techniques of Social Research-P.L. Bandarkar & T.S. Wilkinson Himalaya Publishing House- Mumbai.
- Research Methodology, Methods and Techniques- C.. Kothari Wiley Eastern Limited- New Dehli
- Statistical Methods -S.P.Gupta, Sultan Chand & Sons Publisher- New Delhi.
- Statistics in Psychology & Education- henry, E. Garrett, David Heley and Co.
- The Quality of life: Valuation in social Research-. Mukherjee- Sage publications, new Delhi.

UNIT I

Assessment-

- Definition and function of assessment,
- Assessment techniques, Approaches to assessment,
- Concept of measurement,
- Techniques of measurement,
- Relative efficacy of assessment tools and measuring different aspect development.

UNIT II

Assessment scales-

- Neonatal scales, infant and toddler assessment scales,
- Infant- toddler scales,
- Early childhood assessment-types,
- Administration of cognitive test for children.

UNIT III

Administration of personality test for children-

- New trends in assessment of human behavior
- Current challenges in assessment of human behavior,
- Ethical issue in the assessment of human development

UNIT IV

Scientific method-

- Importance, Criteria- reliability, validity, control, Types and test for reliability and validity,
- Item analysis- Importance and types, Item analysis procedures.

UNIT V

Principles of developing a test/ scale.

Standardization procedures.

- Types of scales- nominal scales- construction rules,
- Ordinal scales- construction rules, Interval scales,
- Ration scales- construction rules.

Practical

Development of test/ scales for assessment.

Suggested Readings-

- James Goodwin, 2002 "Research in Psychology". Methods and design. 3rd edition, John Wiley & Sons, Inc. U.S.A.
- L. R. Gay. Geoffrey, E. Mills and Peter Airasian, 2000, "Educational research"Competencies for Analysis and applications, 8th Edition, Pearson, Merrill Prentice Hall, New Jersey.

- Pestonjee D.M. 2003. ' "Third hand book of psychological and social instruments.' Vol. I, Concept Publishing Company, New Delhi.
- Robert M. Kaplan, Dennis P. Saccuzzo, 2005 "Psychological Testing" Principles, Applications and issues, Wodsworth U.S.A.

Paper 12: Women Studies A130804T (Third Elective)

UNIT I

Women's Studies:

- Meaning, significance and growth of women's studies in India,
- Women's role & status in the society, the changing position of Indian women,
- The women's movement in India, feminist theories,
- Women empowerment.

UNIT II

Women's situational & development:

- Women & education,
- Women & employment,
- Women & health,
- Women in agriculture
- Women in Industry,
- Women in Politics,
- Women's personal laws.

UNIT III

Life Cycle Approach to Women's Health-

- Health status of women in India,
- Factors influencing health and Nutritional status.
- Maternal and Child Health (MCH) to Reproductive and Child health approaches.
- Issues of declining Child Sex Ratio, Widowhood and old age.

UNIT IV

Women welfare Programmes:

- Women welfare programme in urban & rural areas,
- Policies & programmes of social welfare floated at the centre & state level, for the advancement of the Condition of women in India.

UNIT V

Women welfare organizations,

- Coordination of agencies of women welfare programmes.
- Women empowerment.
- Development of women entrepreneurships.

Practical

- Study of women's status in a community
- Identification of women's problems in a community
- Preparation of an album on women's issues.
- Visit to Women Welfare Organizations.

Suggested Readings-

Abou Zahr, C., and E. Royston 1991. Maternal Mortality: A Global Fact book. Geneva,

Switzerland: World Health Organization

- Anish worth, M., and I. Semali 1998, The impact of adult deaths on the nutritional status of children. 9 in *Coping with AIDS: The Economic Impact of Adult Mortality on the African Household*. Washington, D.C.: World Bank.
- Arrowsmith, S., E. C. Hamlin, and L.L. Wall 1996. Obstructed labor injury complex: Obstetric fistula formation and the multifaceted morbidity of maternal birth trauma in the developing world. *Obstetric and Gynecological Survey* 51(9):568-574. [PubMed]
- Desai N & Krishna M. 1998. *Women and Society in India*. Ajanta publication
- Krishnaraj M. (Ed). 1986. *Women studies in India*. Popular Prashan.
- Patil Ak. 1995. *Women and Development*. Ashish Publication.
- Poonacha V. 1999. *Understanding women studies*. SNDT Women's University. Mumbai.

Paper 13 Fabric Ornamentation A130805T (Generic Elective)

UNIT I

Dyeing:

- Tie and Dye and Batik;
- Dyeing with natural dyes, use of pigments;
- Dyeing auxiliaries and their use;
- Dyeing defects and their remedies.

UNIT II

Printing:

- Printing methods- block, stencil, screen, roller, rotary;
- Printing auxiliaries, their use and importance;
- Printing styles- direct, resist, discharge, photographic, transfer, flock printing;
- After treatment of printed goods.

UNIT III

Embroidery:

- General embroidery techniques;
- Hand embroidery- knowledge of hand embroidery stitches:

UNIT IV

Traditional Indian embroidery-

- Chikankari,
- Kasuti,
- Phulkari,
- Kashida,
- Kantha,
- Kutch, and Kathiawar.

UNIT V

Applique Work and Quilting:

- Applique Work- basics, hand appliqué; Machined appliqué, bias tape appliqué, reverse appliqué techniques;
- Quilting-/the art, quilting tools, designs; basic quilting technique.

Practical

- a. Sample preparation- Tie-n-Dye, Batik, and Printing.
- b. Sample preparation- Embroideries
- c. Article- Applique work/Quilting

Suggested Readings:

- Big Book of Needle Craft Odhamas Publications. Creative Embroidery Designs Ondorisha Publications.
- M.L. Gulrajani and Deepti Gupta (1990) Natural Dyes and their application to textiles. Ed. IIT, Delhi Publications

- Needle Craft Reader's Digest.
- S. Prayag Technology of textile printing. Noyes Data Corp.
- V.A. Shenai Technology of printing- technology of textile processing. Vol. iv. Sevak Prakashan
- V.A. Shenai. Chemistry of dyes and principles of dyeing Sevak Prasashan, Mumbai.

Paper 14 Garbh Sanskar A130806T

UNIT I

Prenatal Development:

- Meaning of prenatal Development, concept of conception, Process of conception
- Early sign of pregnancy, symptoms of pregnancy, physiological changes during pregnancy, complication during pregnancy.

UNIT II

Sanskar:

- Scientific explanation of Garbh Sanskar,
- Different therapies in Garbh Sanskar,
- Garbh Samvaad,
- Fetal Communication to keep piece rapidly growing fetal brain mother establishes conversation with child in uterus by various means- Music, Storytelling, Thought transfer, swadhyay Meditation.

UNIT III

Care of pregnant women:

- Birth process,
- Maternal care.
- Nutrition during pregnancy.
- Dress during pregnancy.

UNIT IV

Care of the mother after delivery:

- Ideal practices for the new mother.
- Role of health practitioner.
- Prenatal influences on fetus: family environment, social environment, maternal nutrition, age of mother.

UNIT V

Some essential activities during pregnancy.

- Yoga: Meaning and definition of yoga,
- Role and importance of yoga as a Garbh Sanskar.
- Role of Ayurveda therapy during Pregnancy.

PRACTICALS

- Presentation and seminars on special topics
- Preparation of Teaching Aids- Chart-Poster, Leaflet Pamphlet, Booklet, Flipchart etc.

Suggested Readings:

- Brijesh Shukl, Karm Kaumudi, nag Publisher, new Delhi.
- Guyton, A.C. (1985): Function of the Human Body.
- Gopalan. C. and Kaur S. (1989): Women and Nutrition in India, Nutrition Foundation in India.
- P.C. Mishra, Aj ka Vikasatamk Manovigyan, Sahitya Prakashan, Agra.

Paper 15: Practical (Related to core papers) A130807P (Fourth Elective)

Course outcomes-

- To learn laboratory based and scientific techniques and demonstrate tools and techniques of assessment of Human Development.
- To learn fabric ornamentation.

Paper 16 -Practical (Related to core papers) A130808P (Subject Elective)

Course outcomes:

- To learn assignment/project work writing with technique tools from any one core paper.

M.A./M.Sc. II Year (Semester III) Home Science.
Paper 17: Research Methodology- A130901T

UNIT I

Social Research:

- Concept, Nature, Scope, Types of Researches in Home Science.
- Formulation and Selection of the Research Problems
- Participatory Research

UNIT II

Hypothesis:

- Concept, Types and Significance

Research Design:

- Concept, Types and Significance

Sampling:

- Concept, Types and Significance

UNIT III

Sources of Data Collection:

- Primary and Secondary, Field and Documentary.

Tools of Data Collection:

- Interview guide, Interview schedule, observation and Questionnaire.

Methods of data Collection:

- Interview, Questionnaire, Observation,, Case Study and Projective techniques.

UNIT IV

Measurement and Scaling

Processing of Data

UNIT V

Analysis and Interpretation of Data

Report writing

Practical

EXERCISES WITH STUDENTS TO EXPLORE PROCESS OF RESEARCH

1. Selection of a research problem
2. Review of Literature
3. Developing Hypotheses and Objectives
4. Constructing measurement tools
5. Selection of sample
6. Data collection
7. Analysis of data
8. Report writing

9. Class presentation

Suggested Readings:

- Bajpai SR. 1996. Methods of social Survey and Research. Kitab Ghar.
- Best W.1983. Research in education.4' Ed. Prentice Hall of India.
- Carter Good V. 1966. Essential of Education Research. Appleton Century.
- Gupta, S.P., Statistical Methods, Sultan Chand and Sons, New Delhi, 1994.
- Gay L. Educational Research Competencies for Analysis and Application.
- Jain, gopal Lal, research Methodology, methods, Tools and Techniques, Mangal Deep Publications Jaipur, 1998.
- Kothari,C.R.: An Introduction to Operational rEseach, Vikas Pulishing House Pvt. Ltd, new Delhi, 1994.
- Kerlinger F. 1973. Foundation of Behavioural Reseach. Rinehart Winston.
- Kaul Lokesh 1984. Methodology of Education Research. Vikas Publ.
- Profits, Educational Division, Meredith Crop.
- Wisniekwski, Mik, Quantitative Methods for Decision Maders, Mcmillan India Ltd., New Delhi, 1986.

Suggested Continuous Evaluation Methods:

- Test with multiple choice questions/ short and long answer questions
- Theoretical classes followed with practical exercises on same content for assessing understanding and applied learning of students.

M.A./M.Sc. I| Year (Semester III) Home Science
Paper 18 Extension and Communication concepts in community development
A130902T

UNIT I

Community:

- Definition, concept and characteristics of a community;
- Structure and organization of different types of communities: tribal, rural and urban.

UNIT II

Social groups and Organizations:

- Concept, types, characteristics of different social groups, interests, attitudes and motivations for affiliation.

Community Leadership:

- Concept, leadership theories; patterns and characteristics of leadership in different communities;
- Role of leadership in community development.

UNIT III

Extension:

Meaning, changing concept of extension, philosophy, objectives, principles, functions components of extension.

Extension systems:

- Outline of National Extension Systems in India: Community Development Programme, ICAR Extension System; State Agricultural Universities; KVK;
- Role of State Governments in Extension Programmes related to Community Health and other policies, /central Social Welfare Board,
- Panchayati Raj System.

UNIT IV

Extension Teaching:

- Methods and Process; Steps in extension teaching methods; Teaching Aids: types, characteristics and functions;
- Role of Media in the Process of Learning;
- Cone of Learning.

UNIT V

Development Communication:

- Definition, Nature, Role and Significance of Development
- Communication; Interrelation between Development and Development Communication; Models of Development Communication.

PRACTICALS

- Preparation of Teaching Aids: Charts, Posters, Flash Cards and Literature
- Visit to nearby slum areas and other places
- Preparation of reports based on survey

Suggested Readings:

- Communication for Development in Third World Theory and Practices (1990). SageVPublication, New Delhi.
- Chaubey BK(1990)A Handbook of Education Extension, jyoj Publication, Allahabad.
- Extension Education in Community(1961) Ministry of Food and Agriculture, Government of India, New Delhi
- Extension Programme planning Oxford and IBH Publishing Company Pvt. Ltd. New Delhi.
- Singh, R.R. (1987) Text Book of Extension Sahitya Kala Prakashan, Ludhiana

Suggested Continuous Evaluation Methods:

- Test with multiple choice Questions/ short and long answer Questions
- Theoretical classes followed with practical exercises on same content for assessing understanding and applied learning of students.
- Departmental discussions and seminars.

M.A./M.Sc. II Year (Semester IV) Home Science
Paper 19: Gender in Extension and Development- A130903T

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.

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

UNIT III

Violence Against Women: Dowry, divorce, female feticide and infanticide, domestic violence, sexual harassment and exploitation, portrayal of women in mass media, Efforts for elimination of all forms of discrimination.

UNIT IV

Policies and Programmes for Women's Development: National Policy for Empowerment of women, policy perspectives, mainstreaming a gender perspective in the development process, Economic empowerment poverty eradication micro credit, self helps groups, women and agriculture, women and industry and support services, social empowerment, education, health, nutrition drinking water and sanitation, housing and shelter, environment, legal empowerment, legal literacy on personal and family laws, role of family court and legal aid centers, Political empowerment: role of Panchayati raj in the Political empowerment of women.

UNIT V

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.

PRACTICALS

- Presentation and seminars on special topics Study of women's status in a community
- Identification of women's problems in a community
- Preparation of an album on women's issues.
- Visit to women welfare Organizations.

Suggested Readings:

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

Suggested Continuous Evaluation Methods:

Test with multiple choice questions/ short and long answer questions

Theoretical classes followed with practical exercises on same content for assessing understanding and applied learning of students.

Paper 20: Guidance and Counseling -Children with Special Needs A130904T (Fifth Elective)

UNIT I

Introduction to guidance and counseling.

- Concept, aims
- Needs and Scope of guidance and counseling
- Basic Principles of guidance and counseling

UNIT II

Types of guidance:

- Educational, vocational and personal, marriage and family, leisure time
- Areas of guidance and counseling and Counseling techniques

Types of counseling-

- Specialized counseling, crises counseling, facilitative counseling and preventive counseling.

UNIT III

Competencies and role of a guidance and counselling professionals.

- Limitations of a counselor, Modes and methods of Counseling
- Essentials for conducting guidance and counseling; understanding the process of guidance and counseling, Guidelines for setting up Child Guidance and Counseling unit.

UNIT IV

Psycho therapies, Cognitive therapy, Affective therapy, behavior therapy, Rational Emotive therapy, Transactional analysis, Gestalt therapy.

UNIT V

- Knowledge and skills to handle assessment tools,
- Knowledge and skills-continued. Effective communication and documentation skills, networking with allied professionals and institutions.
- Status of guidance services in education at state and center level and ethical Issues in counselling

Practical

- Administration of any five psychological tests/ scales available in department laboratory and understanding its use in counseling.

Suggested Readings:

- Counseling and Guidance, S. Narayan Rao Tata McGraw Hill Publishing Company Limited,
- Counseling skills Training-P. Burnard, Viva Books, New Delhi
- Counseling: the Skills of finding solutions to Problems, R. Manthei, Routledge, London.
- Encyclopedia of Guidance & counseling- Mittal Publications, New Delhi.
- Educational & Vocational Guidance- R. Singh, Common Wealth Publishers, New Delhi.

- Guidance & Counseling- I. Madhukar, Authe press Global Network.
- Guidance & educational Educational Counseling -I.Madhukar, Authe pres Global Network.
- Individual Counseling: Therapy & practice, D. Nicolson &H. Avers, David Fulton, London.
- Principles of Guidance & Counseling- M. Asche Sarup & sons, New Delhi.
- Sharma. R.N & Sharma.,2004, "Guidance and Counselling in India", Atlantic publishers and distributors, New Delhi.

Suggested Continuous Evaluation Methods-

- Test with multiple choice Questions/short and long answer Questions
- Theoretical classes followed with practical exercises on same content for assessing understanding and applied learning of students.
- Departmental discussions and seminars.

Paper 21: Gerontology Adolescents & Youth A130905T (Subject Elective)

UNIT I

Gerontology:

- Emergence & Scope of gerontology & elderly care, deographic trends in India, concept of ageing & problems:
- Biological, Physiological, social & economic aspects (social, economic, single & retire status)
- Security, occupational aspects & spiritual aspects,
- Nutritional requirements of the aged & dietary management nutritional problems in old age.
- Age of transition, social attitudes & expectations towards adolescents, effects of transition to adulthood, meaning &
- age of puberty, causes of puberty, significance and effect of body transformation on behavior.

UNIT II

The aged in the family context:

- Adjustment Patter, family pattern in later life, changing roles and the ageing family, conjugal elations in old age and adjustment, retirement years and adjustments, marital adjustments,
- Intergenerational family relations & adjustment, Widowhood/ single hood, alternative life style in old age.
- Meaning of social acceptance, factor influencing social acceptance, effects of social acceptance on attitudes & behaviour, effects of group status, meaning of heightened emotionality, common emotion pattern, effect of the emotion on adolescent adjustment, emotional control.

UNIT III

Development of aspiration & achievement:

- Meaning of aspiration how aspiration how aspirations, how aspirations develop, variations in aspirations, the achievement syndromes (success & failure).
- Educational & Vocational achievements, social mobility & achievement.

UNIT IV

Personality development & family relationship:

- Meaning of improvement of personality, obstacles, factors influencing self- concept (acceptance & rejection) level of adjustment & happiness.
- Effect of family relationship, on home climate, conditions affecting family relationship common recreational interest & activities.
- Effect of family relationship, on home climate, conditions affecting family relationship, common recreational interest & activities

UNIT V

Elderly Nutrition

- Physiological changes in elderly.

Types of malnutrition in elderly

- Nutritional problem of elderly people
- Recommended dietary allowances for elderly
- Educational & Vocational achievements,
- Social mobility & achievement

Practical

- Interviewing elderly about their problems and issues.
- Visit of Centers and Institutions for elderly and Recording information and observation.
- Writing Reports.
- Meal planning for elderly.

Suggested Readings:

- Atchley Robert. C.(2001). Continuity and adaptation in aging: Creating positive experiences.
- Baars et al.(2006). Aging globalization and inequality. The new critical gerontology.
- Broderic.P.C(2003). The life span, Human Development for helping professionals.
- Oray. M.G.(1992). Aging health and behavior. Sage publications.
- Kumudini Dandekar(1996). The elderly in India. Sage publications.
- Moody, Harry..(2002) Aging: Concepts and controversies, 4th Edn.
- The Psychology of later life: L.R. Aiken, WB Saunders Company. Philadelphia,
- Aged: Their Understanding & Care: Klaus Bergmann, London Wolfe Publications. London.
- Handbook of ageing& Social Sciences: R.H. Binstock & E. Shanes,, V.N. Reinhold, Co New York
- Old age in a changing society. ZanaSmith, Blau,, New Biew prints. New York
- Ageing in India: Problems and Potentialities: A.B. Bose, & K.D Gangrade Abhinav Publications,

Suggested Continuous Evaluation Methods:

- Test with multiple choice questions/ short and long answer questions
- Theoretical classes followed with practical exercises on same content for assessing understanding and applied learning of students
- Departmental discussions and seminars.

M.A./M.Sc. II Year (Semester III) Home Science
Paper 22: Summer Internship A130906P (Sixth Elective)

Course outcomes:

- To Provide opportunities to students to clarify specialized interests related to work and careers.
- To provide hands- on experience to students in real- life work settings relevant to their field.
- To have students rehearse skills analogous to job search skills: how to identify, enter and participate in already existing work settings relevant to their field or create work opportunities for themselves.
- To have students build practical skills and knowledge and learn to apply theoretical knowledge to the field.

- Students are require to place themselves as interns and complete an internship of 30 hours in an human Development agency of their choice (subject to approval of the Department Head) such as: counselor trainees with counselors, curriculum developers/ teacher trainers with educational institutions, soft skill trainers with an HR department, research assistants in a research centre, teaching assistant in a college etc.

- Students can select from a wide range of educational, research, mental health, and welfare settings. They can choose to work with those from nonclinical populations as well as those from special or vulnerable or clinical populations.

- The student's role in the internship agency must be clearly specified and the contribution made in the 30 hours must be in tangible form such as workshops/ sessions conducted, module developed, data collected/analyzed, clients counseled etc,

- At the end of the internship, students are required to submit a soft copy and a hardbound report to the college.

- The internship has to be concluded at least one month before the commencement of semester- end examination. Students can also take up an entrepreneurial activity (e.g., freelance with schools and conduct relevant workshops with students/teachers/parents) with equal weight age (subject to approval of the Department Head).

Suggested Continuous Evaluation Methods:

- Continuous feedback in form of weekly reports of internship should be submitted.
- 70 marks for overall report submitted by the student at the time of assessment.
- 30 marks for viva voice and presentation of internship outcomes.

Paper 23 Dietetics and therapeutic Nutrition A130907P (Subject Elective)

UNIT I

Principles of Dietetics:

Preventive promotive and curative role of dietetics in health and disease.
Principles and importance of Menu planning.

UNIT II

Nutrition during the life cycle:

- Infancy,
- Early Childhood/ preschool age,
- School going age,
- Adolescence,
- Old Age

UNIT III

Dietary modification required in the following conditions:

- Overweight and underweight.
- Fever and infections.
- Lower and upper Gastro- intestinal tract disorders.
- Liver and pancreatic disorders.

UNIT IV

Causes, symptoms and dietary modification required for the following conditions:

- Diabetes
- Hypertension
- Cardiovascular disorders
- Cancer
- Nutritional Anemia

UNIT V

Planning and preparation of normal and therapeutic diets for various physiological and disease conditions.

Practical

Menu Planning for various stages of life span.

Suggested Readings-

- Srilaxmi B. Dietetics(2014). Seventh edition, New Age International Publisher.
- Anita Singh, Ahar evam poshan vigyan, Star publication, Agra.

Suggested Continuous Evaluation Methods:

- Test with multiple choice Questions/ short and long answer questions
- Theoretical classes followed with practical exercises on same content for assessing understanding and applied learning of students.
- Departmental discussions and seminars.

UNIT I

Indirect Nutritional Status

- Vital statistics, indicators and their use:
- Health policy Indicators,
- Social and economic indicators
- Indicators of the provision of health care.
- Coverage by primary health care.
- Basic health status indicators

UNIT II

National Community Nutrition Programmes.

- Introduction to national nutrition programmes and policies
- Programmes for improving nutritional, status at national level:
- Integrated Child Development Services (ICDS).
- National Rural Development Programme(NRDP)
- National Rural Employment programme (NREP)
- Miscellaneous monofocal programmes.

UNIT III

Magnitude of nutritional problems in India

- Protein energy malnutrition
- Anaemia
- Vitamin A deficiency,
- Iodine deficiency disorder
- Over Nutrition and chronic degenerative diseases,

UNIT IV

Food consumption pattern and PDS

- Food consumption pattern in different parts of India and food availability
- Food balance sheets
- Public distribution system,
- Food Corporation of India.
- Food Production in India, major foods and their state wise production.
- Food security and poverty

UNIT V

Nutrition and mother care

- Maternal nutrition and care.
- IUGR, Adolescent pregnancy.
- Breast-feeding.

Practical

- Menu Planning for various stages of life span.

Suggested Readings-

- Bamji, M.S Rao, NP and reddy V. 1996.Text book of Human Nutrition.
- Srilaxmi B. Dietetics(2014). Seventh edition, New Age International Publisher.
- Anita Singh, Ahar evam poshan vigyan, Star publication, Agra.
- Bendich, A and Deckelbaum, RJ, 1997. Preventive Nutrition. The Comprehensive guide for health professional.

Suggested Continuous Evaluation Methods:

- Test with multiple choice Questions/ short and long answer questions
- Theoretical classes followed with practical exercises on same content for assessing understanding and applied learning of students.
- Departmental discussions and seminars.

Paper 25: Study of Family in Society Parent and Community Education- A131002T

UNIT I

The family:

- Meaning, nature, origin & forms of the family, function of the family, causes of decay of patriarchal family, features of modern family, instability of modern family, reconstructing the family.
- Approaches and theories in family studies (Developmental approach, systematic approach, structural & functional approach)
- Need for parent education in India Setting goals for parent education- Issues determining goals-Formulation of broad goals- defining specific goals, Guidelines for setting goals.

UNIT II

Family patterns:

- Traditional extended/joint families: meaning, definitions, characteristics, merits & demerits of different
- Type of families,
- Disintegration of joint families,
- Alternate families single parent, childless female headed, unitary families
- Family disintegration causes & remedial measures.
- Ginott's Humanistic approach based on Rogerian theory-Basic principles, techniques for educating parents.

UNIT III

Marriage:

- Concept, definition, types & forms of marriage, mate selection, factors in mate selection, Hindu marriage ceremonies,
- Hindu marriage act, marital adjustments, Factor contributing to success & failure in marriage. Changing trends & its future Changing trends & its future.
- Group -Mass/Large and mini group; Individual approach: Multimedia approach; Distance home education; Parent education in school and community. Role of teacher as parent educator

UNIT IV

Contemporary issues & concerns:

- Family violence, battered women, sexual abuse, dowry, divorce, separation & remarriage, marriage & family counseling: Concept, need, counselling process, family welfare programmes.
- Parent involvement rationale, concept, advantages; Models of parent involvement.

UNIT V

- Legal provisions to meet the challenges related to marriage & family.
- Parents of young children; parents of economically and socially disadvantaged children

PRACTICALS

- To analyze family contemporary issues & concerns.
- To analyze marriage system, changing trends & its future.

Suggested Readings:

- An introduction to sociology- Vidya Bhusan & D.R. Sachdeva-Kitab mahal, New Delhi.
- Indian Social Problems-Vol I & II G.R. Madan.
- Encyclopedia of child & Family Welfare- Anmol Publication, New Delhi.
- The Family: A Sociological Interpretation-B.N Adams- Rand & McNully Chicago.
- Indian Social System- R. Ahuja- Rawat Jainpur.
- Hand book of Family Life Education: The Practice of Family life Education (vol I1) H.E
- Arcus & others Sage Publications, New Delhi.
- Family Measurement in India-S. Bharat- Sage Publications, New Delhi.
- Family: its Structure & Functions R. Coer- Macmillan, New York.
- Women & work in India Society-T.M.Dak.
- Marriage & Family in India- Kapadia- Oxford University Press, Calcutta.

Suggested Continuous Evaluation Methods:

- Test with multiple choice Questions/ short and long answer Questions
- Theoretical classes followed with practical exercises on same content for assessing understanding and applied learning of students.

Paper 26: Methods and Materials for Early Childhood Care and Education/ Advances in Family Studies A131003T (Seventh Elective)

UNIT I

Basic principles and methods of Early Childhood

Education.

- Play: Role of Play in development and education in early years; Types of play activities;
- Programme Planning for young children:
- Principles, goals, objectives, schedule of activities.
- Developmental frame work, interactional framework.

UNIT II

Play activities and materials for physical and motor development:

- Movement and mobility; Gross and fine motor skills; Healthful living; Role of educator
- Play activities for social and emotional development and for exploring the environment.
- measurement of marital roles and relationship,
- Ethnographic approach,
- Demographic approach,

UNIT III

Play activities for developing Communication-language skills:

- Importance of communication, promotion of language skills- listening, speaking, reading and writing;
- Activities for language development: conversation, pre-reading, writing skills, songs and rhymes, storytelling, riddles.
- Fatherhood: Concept, Changing role of parents in parenting, Disorganized and reorganized families, marital distress, psychiatric disorder and family therapy, Alternate family patterns- single parent families, female headed house- holds, dual career families, sibling families etc, Adoptive families

UNIT IV

Literature for children:

- Need and types; Importance of storytelling and techniques of storytelling.

Art and creative activities:

Significance, Types of art activities; Role of teacher in planning the activity, motivating children; Music. National policies and programmes for family welfare.

UNIT V

Activities to promote mathematical concepts in young children:

Development of mathematical concepts; Principles of teaching mathematical concepts.

Activities to promote Science:

- Thinking, observing, inferring, classifying, communicating; Concept formation-differentiation, grouping, labeling; Developing scientific outlook and
- Role of teacher in some important science experiences.
- School for family therapy, structured, strategic, experimental family and integrated family therapy

PRACTICALS

- Developing and conducting activities to promote the development of the child.
- Developing theme based projects for children (eg.- Science concepts and mathematical concepts) and implementing them in pre- school programmes.
- Developing educational and play materials for pre-Schoolers using indigenous materials.
- Developing picture books/story books and rhymes.
- Developing and conducting creative art activities for pre-scholars.
- Prepare Resource files for children.

Suggested Readings:

- Grewal, J.S., Early Childhood Education Foundation and practice, II Ed., Educational Publishers.
- Singh, Bhoodev, Pre-School Education, 1st Ed. APH publishing Corporation.
- Mohanty & Mohanty, Early Childhood Care and Education, Deep & Deep Publication Pvt.Ltd.
- Swaminathan M. (1998) The first five year; Sage Publications, New Delhi.
- Muralidharn R (1991), A Guide to Nursery School Teacher, NCERT, New Delhi.
- White. J.M. & David. M.K., 2002, " Family Theories" Second edition, Sage Publications, New Delhi.
- Karen Mc. Curdy and Elizabeth D. Jones, 2000, "Suppoting Families" Sage Publications Inc. New Delhi.
- Richard J. Gelles, 1995, "Contemporary Families." Sage Publications, New Delhi.
- Goode. W. J, 1982, "The Family", edition, Printice Hall of Indian Private Ltd, New Delhi.

Suggested Continuous Evaluation Methods:

Test with multiple choice questions/ short and long answer questions

Theoretical classes followed with practical exercises on same content for assessing understanding and applied learning of students.

Paper 27: Textile Management A131004T (Subject Elective)

UNIT I

Role and importance of Textile and Garments Industry in Indian economy Problems and prospects of textile and garment industry
Textile policy under 5 year plans.

UNIT II

Textile industry management: Management hierarchy, responsibilities, coordination, organization, management aids, factors influencing management organization.
Comparative Organization of different textile groups:
Organization of senior management, organization of productive functions, Departmental management organization.

UNIT III

Production Management: Purpose of production planning and control. Methods of production planning and control.

UNIT IV

Role of Standards in quality control: Framework of control. Organization and techniques of control

UNIT V

Export procedure and distribution channels used to reach foreign market.
Import and export policies of Indian government.
Recent trends in textiles

PRACTICALS

Presentation and seminars on special topics

Suggested Readings:

Gerry Cooklin- Introduction to clothing manufacture, Black well science
Harold Carr & Barbara Katham- The Technology of Clothing manufacture, Black well Science.
A.J. Chuter- Introduction to clothing production, Black well Science
Vida Sagar P.V.- Encyclopedia of textile - textile management, Mittal Publications, New Delhi
Rattan J.B. Modern Textile management, Abhishek Publication, Chandigarh

Suggested Continuous Evaluation Methods:

Test with multiple choice questions/ short and long answer questions
Theoretical classes followed with practical exercises on same content for assessing understanding and applied learning of students.

Paper 28: Major Research Project/ Dissertation A131005p

Each student has to carry out the dissertation work immediately after registration in the fourth Semester and submit the final dissertation containing Introduction, Literature review, objectives, Hypothesis, Methodology, Result & discussion summary, conclusion, recommendation references etc for evaluation by one internal & one external examiner in the end of Fourth Semester. The candidate has to submit two copies and a soft copy of the final dissertation to the head/ Incharge of the department. The valuation of dissertation shall be followed by an open Viva voce. In the final dissertation evaluation (4CH), 50% Weightage shall be given to continuous evaluation during the dissertation work, to the evaluation of content and rest 25% to seminar presentation& viva voce by the examiners.