

FACULTY OF ARTS

SYLLABUS

MASTER OF ARTS
(HOME SCIENCE)



JODHPUR NATIONAL UNIVERSITY
JODHPUR

MA HOME SCIENCE

PREVIOUS

PAPER I	Advanced study in human Development
PAPER II	Management of Human Resources
PAPER III	Community Nutrition and Dietetics
PAPER IV	Household Equipment and Ergonomics

FINAL

PAPER V	Nutrition and health of women
PAPER VI	Early childhood care and education
PAPER VII	Food preservation and quality control
PAPER VIII	Family clothing and traditional textile
PAPER IX	Industrial Based Environmental Studies

PAPER I ADVANCED STUDY IN HUMAN DEVELOPMENT

Unit 1

1. ADOLESCENCE (11-18 YEARS)

The concept of adolescence in India, Development tasks of adolescence, Puberty and its consequences, Emotional stages, Development of formal operations, Construct of self and development of self, Role of family, peers, community and ethnic group, Electronic Media, Moral reasoning and Judgment, Health, sexuality.

Unit 2

YOUTH / YOUNG ADULTHOOD (18 – 35 YEARS)

Introduction, cultural and developmental perspectives on youth and adulthood, Development needs, Importance of social organization, Culmination of Identity formation, Life cycle approach – sexuality, marriage, marital adjustment, parenthood.

Unit 3

MARRIAGE

Legal age and its relationship to development, marriage as a family / individual issue. Marriage choices and significance of marriage in human development.

REFERENCE :

1. Rice E.P. (1992) Human Development : A life span approach, New Jersey : Prentice Hall.
2. Schiamberg, L.B. and smith, Ku (1982) Human Development, New York : Macmillan
3. Santrock, J.W. (1996) The Life Span, New York Wadsworth publishing.
4. Lefrancois, G.R. (1996) Child Development, London Allyn and Bacon.
5. Deats, S.M. and Lenker, L.T. (Eds) (1999). Aging and Identity, London, Praeger.

PAPER II MANAGEMENT OF HUMAN RESOURCES

Unit 1

MANAGEMENT AS A SYSTEM

Definition, Elements, Types

Advantages and limitations of system approach

Application in family resource management.

Unit 2

MANAGEMENT ABILITIES

Conceptual

Human

Technical

Unit 3

DECISION MAKING

Meaning

Types

Modes

Techniques and Tools

Cost, benefit analysis

Unit 4

MANAGEMENT FUNCTIONS AND PROCESS

Planning – objectives, principles, policies, strategies. Organizing – Purpose principles, processes delegation authority, responsibility and accountability.

Staffing – Purpose, principle, recruitment, appraisal Guiding, directing, leadership, motivation, communication. Controlling tools for management control, Feedback Evaluation – Tools and techniques.

Unit 5

FAMILY HEALTH AND RECREATION MANAGEMENT

Public and Private agencies help in health and recreation

Family centered Recreation

Leisure time and Recreation

Management of Family Medical care

REFERECES :

1. Kapur S.K. (1996) – Professional Mangement S.K. Publishers, New Delhi.
2. Dwivedi R.S. (1981) – Dynamics of Human Behaviour of work oxford and 9BH, New Delhi.
3. Saiuadain M.S. (1988) – Human Resources management, Tata Mc-Graw Hill, New Delhi.
4. Dayal R. (1996) – Dynamics of Human Resources Development, Mittal Publications, New Delhi.
5. Rao N.P. (1986) – Human Resources Development in Management and Administration, B.K. Publishers, Delhi.

PAPER III COMMUNITY NUTRITION AND DIETETICS

UNIT 1

Perspectives in the history and philosophy of Community Health, Community Nutrition and Society.

UNIT 2

Assessment of nutritional status by using different methods, i.e., diet surveys. Anthropometry, clinical, and Biochemical.

UNIT 3

Prevalence of nutrition related problems in different vulnerable groups – Infant, Pregnant Women, Lactating mother.

UNIT 4

Special feeding methods, i.e., Tube feeding, Intravenous feeding, Nasal feeding. Types of fever, physiology of fever, metabolic changes, Dietary treatment in chronic fever.

UNIT 5

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

REFERENCES :

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

PAPER IV HOUSEHOLD EQUIPMENT AND ERGONOMICS

UNIT 1

INTRODUCTION TO HOUSEHOLD EQUIPMENTS

- A. Meaning, classification – in terms of
- a) Cleaning, Food processing, Laundry equipment's and Equipments for personal care and recreation.
 - b) Electrical and non- electrical.
 - c) Portable and non- Portable.
- B. Importance of various Household Equipments in conserving time, energy and money.
- C. Factors affecting selection of equipments.

UNIT 2

MATERIAL USED FOR HOUSEHOLD EQUIPMENTS

- A. Base material – Aluminium, Iron, Steel, Copper, Glass, Plastic
- B. Finishes – Mechanical, Applied
- C. Insulating material – Mica, Fiberglass, Fiberwool, Mineral wool, Plastic, Foam

UNIT 3

OPERATIONAL PRINCIPLE, USE AND CARE OF ELECTRICAL

Equipments used in home

- i) Vacuum Cleaner ii) Mixer-juicer-grinder iii) Food processor iv) Oven and cooking range v) Microwave oven vi) Eggbeater vii) Washing Machine viii) Geyser, water immersion rod ix) Iron x) Hair dryer

UNIT 4 : OPERATIONAL PRINCIPLE USE AND CARE OF NON ELECTRICAL EQUIPMENTS USED IN HOME

- i) Cleaning Mop ii) Gas stove
- iii) Smokeless chula iv) Solar cooker
- v) Pressure cooker vi) Solar water heater

UNIT 5

SELECTION, USE AND CARE OF RECREATIONAL EQUIPMENTS

- i) Radio
- ii) Television
- iv) Camera

REFERENCE BOOKS

1. Household physics - Aveny H., Mac Millan Co.
2. Household Equipments - K.K.Bali, Orient paper backs, New Delhi
3. International Review of Ergonomics Obrone - International Book house, New Delhi
4. Elements of Home Science - Premlata Mulik
5. House hold Materials - A manual for care and maintenance Manchanda, Goel, Rammurthy, Kumar, Wheeler publication, New Delhi

FINAL

PAPER V NUTRITION AND HEALTH OF WOMEN

UNIT1

- 1.Role of women in National Development
2. Women in family and community
 - a. Demographic changes, menarche, marriage, fertility, morbidity, mortality life expectancy, sex ratio, aging and widowhood, female headed families.

UNIT 2

- 1.Women and Work
 - a. Environmental stress, production activities, nutrition, health and gender, living conditions, occupational health, health facilities,
- 2.Women's nutritional requirements and food needs.

UNIT 3

1. Women and Society

a. Women's role, their resources and contribution to family and community and effect on nutritional status b. Effect of urbanization on women c. Impact of economic policies, industrialization and globalization on women

2. Women and Health a. Health facilities b. Disease patterns and reproductive health c. Gender and health d. Health seeking behaviour e. Women pregnancy and lactation f. Safe motherhood.

PAPER VI EARLY CHILDHOOD CARE AND EDUCATION

UNIT I

Principles of Early childhood care and education.

A) Importance need and scope of ECCE

B) Objectives of ECCE

(2) Types of Preschools/Programmes : Play centers, day care, Montessori, kindergarten, balwadi, anganwadi etc.

Concepts of non –formal, formal and play way methods.

UNIT II

(1) Historical Trend (Overview)

Contribution of the following thinkers to the development of ECCE their principles, application and limitation) in the content of ECCE.

Pestalozzi, Rousseau, Froebel, Maria Montessori, John Dewey, M.K. Gandhi, Ravindranath Tagore.

UNIT III

1) Organization of Pre School Centers.

A) Concept of organization and administration of early childhood centers.

B) Administrative set up and functions of personal working at different levels.

2) Building and equipment location and arrangement of rooms

Play ground selection of different types of outdoors and indoor equipment.

PAPER VII FOOD PRESERVATION AND QUALITY CONTROL

UNIT 1

HISTORY AND PRINCIPLES OF FOOD PRESERVATIONS

Food contamination – natural, handling and processing, Food spoilage, Food poisoning.

UNIT 2

FOOD MICROORGANISMS

Bacterial, Yeast, Mould, Viruses their types and Characteristics, factors affecting growth of microorganisms.

UNIT 3

FOOD PRESERVATION METHODS

Asepsis, Washing, By use of High temperature – Pasteurization, their types, boiling, canning – method, factors affecting the microorganism by use of high temperature, Thermal death time.

UNIT 4

METHODS BY USE OF LOW TEMPERATURE

Cellars, Chilling, Freezing, Cold storage, factors affecting the microorganisms by use of low temperature.

UNIT 5

METHODS BY USE OF DRYING

Non mechanical – sun drying : Fumigation, Salting Mechanical – Freeze drying, Foam mat, Spray and drum drying.

REFERENCES :

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

PAPER VIII FAMILY CLOTHING AND TRADITIONAL TEXTILE

UNIT 1 :

- a) INTRODUCTION, SCOPE AND IMPORTANCE OF CLOTHING.
- b) FACTORS INFLUENCING THE CONSUMPTION OF TEXTILE.
Mode of living. Purchasing power, availability of goods, fashion- Ideologies.

UNIT 2

SOLVING FAMILY CLOTHING PROBLEMS

- a) Clothing as a mental stimulant and happiness.
- b) Developing skills in clothing management.
- c) Budgeting for Family Clothing.
- d) Wardrobe planning.
- e) Training the children for selection and care of clothing.

UNIT 3

CLOTHING FOR NEWBORN, CREEPING AGE AND TODDLER

- a) Selection of Fabric regarding color, Print Safety.
- b) Different types of garments for Newborn, Creeping age and Toddler considering construction features and habit formation.

UNIT 4

CLOTHING FOR PRESCHOOL AGE, TEENAGERS, ADOLESCENT AGE, OLD AGE

- a) Selection of fabric and ready to wear garments.

UNIT 5

SELECTION OF CLOTHING FOR DIFFERENT OCCASIONS

Formal and informal and for various seasons.

REFERENCE BOOKS :

1. Clothing for children - Thompson and Rea, John Wiley and son
2. Clothing - Latzke and qitan, hippincot co. Chicago
3. Fabric and Dress - Rathbone and Tarplay hongten Miffin co.
4. Manual of children's clothing - Pandit Savitri Orient Longmans Ltd.
5. Guide to Modern clothing - Starn M and Gieser

Paper IX Industry Based Environmental Studies

UNIT – 1

Environment – Definition – Scope – Structure and function of eco system's procedures, consumers and decomposers – energy flow in the ecosystem – ecological succession – food chain, food web and ecological pyramids - concepts of sustainable development.

UNIT – 2

Natural resources: Renewable – air, water, soil, land and wildlife resources. Non- renewable – mineral, coal, oil and gas. Environmental problems related to the extraction and use of natural resources.

UNIT – 3

Biodiversity – Definition – values – consumption use, productive social, ethical, aesthetic and option values threats to biodiversity – Hotspots of bio diversity – conservation of bio-diversity: In-situ Ex-situ. Bio-wealth – national and global level.

UNIT – 4

Environmental pollution : Definition – causes, effects and mitigation measures – Air pollution, Water pollution, Soil pollution, Noise pollution, Thermal pollution – Nuclear hazards – solid wastes acid rain – climate change and global warming environmental laws and regulations in India – Earth summit.

UNIT – 5

Population and environment – Population explosion – Environment and human health – HIV / AIDS – Women and child welfare – Resettlement and Rehabilitation of people, role of information technology in environmental health – Environmental awareness.