

**Choice Based Credit Structure for Semester Based Post Graduate Home Science Programme
w.e.f. July 2020-21**

		1 st Semester		2 nd Semester		3 rd Semester		4 th Semester		
		Papers	Credit	Papers	Credit	Papers	Credit	Papers		Credit
1	Subject 1	MAHSC 1.1 Textile and Clothing	4	MAHSC 2.1 Extension Education & Communication	6	MAHSC 3.1 research methodology	4	Compulsory Paper	MAHSC 4.1 Human Nutrition	6
								GROUP 1 OR	MAHSC 4.2 family resource management and consumer economics	6
2	Subject 2	MAHSC 1.2 Human development	6	MAHSC 2.2 Clinical and Therapeutic Nutrition	4	MAHSC 3.2 Textile Design & Fabric Construction	6		MAHSC 4.3 Life Span Development	6
								GROUP 2	MAHSC 4.5 Dissertation	6
3	Subject 3	MAHSC 1.3 Food Science	4	MAHSC 2.3 Human Physiology	4	MAHSC 3.3 Community Nutrition	4		MAHSC 4.6 Dissertation Based Viva Voce	6
								MAHSC 4.6 Dissertation Based Viva Voce	6	
4	Subject 4	MAHSC 1.4 practical related to 1.1 & 1.3	4	MAHSC 2.4 practical related to 2.1&2.2	4	MAHSC 3.4 practical related to 3.2 & 3.3	4	TOTAL CREDIT 4 TH SEM	18	
		TOTAL CREDIT 1 ST SEM	18	TOTAL CREDIT 2 ND SEM	18	TOTAL CREDIT 3 RD SEM	18	TOTAL CREDIT 4 TH SEM	18	
TOTAL OF 1ST, 2ND, 3RD AND 4TH SEMESTER 72										

MAHSC 1.1

TEXTILE AND CLOTHING

BLOCK 1 TEXTILE FIBERS

UNIT -01 introduction to textile

Meaning and definition, history, Importance and relation with home science, factors affecting purchasing of cloths, classification of textile fibres, properties of fibres: - physical, chemical and mechanical properties

UNIT2 NATURAL AND MAN MADE FIBERS.

- cotton:-history and origin, processing of cotton fibre, characteristics of cotton
- linen :-history and origin, preparation of linen, characteristics of linen
- wool :-history and origin, classes of wool, classification of wool fibres, kinds of woollen fabrics, manufacture of wool, characteristics of wool
- silk:-history and origin, production of silk, filature operations, manufacture of silk yarn, finishing of silk, kinds of silk, characteristics of silk
- Rayon: - history and origin basic methods of producing rayon filament, kinds of rayon, preparation of rayon, characteristics of rayon
- Nylon: - history and origin, method of manufacture of nylon fibre, types of nylon yarn, characteristics of nylon
- modern fibres:- decran, polyester, orlon, acrylion, dyanel, creslon, varal, jafran, derben, vicara, saran, fibre glass, asbestos, slag wool, orifin

UNIT 3 FIBER IDENTIFICATION AND CHEMICAL ASPECT OF TEXTILE

introduction, kinds of identification test:-appearance test, feeling test, breaking test, burning test, creasing test, tearing test, ink test, oil test, moisture test, microscopic test, chemical or solubility test, specific gravity test, and chemistry of textile fibres.

BLOCK 2 FABRIC CONSTRUCTION METHODS

UNIT 4 SPINNING AND MANUFACTURING OF YARN

introduction, types of spinning, types of fibres:- staple and filament, formation of yarn from fibres, yarn dimensions, count and denier, difference between warp and weft yarn , classification of yarn:- simple and complex yarn

UNIT 5 FABRIC CONSTRUCTION METHODS

Introduction, types of fabric construction methods, essential parts of loom, process of weaving, kinds of weave. knitting- history and origin, kinds of knitted fabric, knitting stitches, knitting needles, gauze, Wales and course, demerits of knitted fabrics, hosiery, and selection of knitted fabric.

BLOCK 3 ORNAMENTATION OF TEXTILES

UNIT 6 TEXTILE FINISHES

Introduction, aims and Objectives of finishes, factors influencing the type of finish to be given, and types of finishes

UNIT 7 FINISHING WITH COLOUR

introduction, sources of dyes, natural dyes, pigments, synthetic dyes, dyeing and printing, stages of dyeing, varieties of dying, printing, types of printing, factors that influence colour fastness, colour i consumer use, test to determine colour fastness, selection of dye

UNIT8 CARE AND STORAGE OF CLOTHING

introduction, care of clothing:- brushing and airing, clean storage, stain removal, frequent laundering, appropriate laundering procedure, intelligent choice of cleaning material, appropriate drying, proper ironing, the way you use it, the way you keep it after use.

UNIT 9 READYMADE GARMENTS

Meaning, importance, merit and demerit

BLOCK 4 LAUNDRY SCIENCE

UNIT 10 STAIN REMOVAL

Types of stain and removing of stain from different kinds of fabric, stain removing agents

UNIT 11 MATERIALS AND EQUIPMENT USED IN LAUNDRY

Washing drying and ironing equipments- use and importance

UNIT 12 CLEANSING MATERIAL FOR LAUNDRY

Water, soap and detergent

UNIT 13 BLEACHES AND OTHER REAGENTS FOR LAUNDRY

Bleaches, starch and blue

UNIT 14 LAUNDRY OF SPECIAL FABRICS

Silk, wool, rayon and other ornamental fabrics

MAHSC 1.2

HUMAN DEVELOPMENT

BLOCK 1 INTRODUCTION TO HUMAN DEVELOPMENT

UNIT 1- CONCEPT OF HUMAN GROWTH AND DEVELOPMENT

Basic assumptions for the study of development, silent dimension of study- rigidity-plasticity, continuity- discontinuity, learning- maturity, critical period, sex differences

UNIT 2- BIOLOGICAL BASES OF DEVELOPMENT

Physiological processes, human genome, genetic influence, genetic diseases, structure of nervous system and brain.

UNIT 3- METHODS TO STUDY HUMAN DEVELOPMENT I

Cross sectional, Longitudinal Approach; Cross Sectional Approach, Observation Method of Human Study: Naturalistic Observation; Structured Observation; Procedure for collecting systematic observation, establishing reliability in observation, maintaining an observation record; Analysis of the observation, Interview Method Human Development: Types of Interview; Technique of Interviewing; Recording the responses; analyzing the responses; Methods and limitations of interview, Questionnaire Method Human Development: Types of questionnaire; Development of different types of questionnaire; Analysis of questionnaire data; Merits and limitations of questionnaire method

UNIT 4 METHODS TO STUDY HUMAN DEVELOPMENT II

Case Study Method: Theoretical perspective, Tools and contents of case study, analysis of data Socio-metric method: Theoretical perspective, Ethnography: Theoretical perspective, Tools of ethnographic method.

Unit-5 METHODS TO STUDY HUMAN DEVELOPMENT III

Psychometric Method: Theoretical perspective, Types of psychometric tests- Basic Intelligence test, Aptitude Test, Attitude/Rating Scale, Achievement Test.

Projective Techniques: Theoretical Perspective; Merits and limitations of Projective techniques Case study, interview, sociometry

BLOCK 2 THEORIES OF HUMAN DEVELOPMENT

UNIT 6 THEORITICAL PERSPECTIVE I

Fraud, Jung, Adler and Erickson

UNIT 7 THEORITICAL PERSPECTIVE II

Learning theories of Pavlov, skinner, Kohler and Bendura.

UNIT 8 THEORITICAL PERSPECTIVE III

Cognitive theory- Pieget and Vygotsky, moral reasoning theory- Kohlberg, ecological theory- Bronfinbranner, need theory-Maslow.

BLOCK 3 STAGES OF DEVELOPMENT I

UNIT 9 PRENATAL DEVELOPMENT

How life begin, Stages of prenatal development and factors affecting prenatal development, Birth Process and types of delivery, Complications of pregnancy and genetic defect among children, New Techniques in the field of fertility.

UNIT 10 CARE OF THE NEONATE

Importance, Adjustment and Complications, Assessment of neonate, neonatal diseases, clothing, feeding and other care of neonate.

UNIT 11 INFANCY

Developmental tasks, characteristics, physical, motor, sensory, perceptual , cognitive and language development

UNIT 12 PUBERTY AND ADOLESCENCE

Developmental tasks and characteristics, physical development, identity formation, social relationship and heterosexual relationship importance, problems of adolescents, adolescent's emotions

UNIT 13 ADULTHOOD

Developmental tasks and characteristics of adulthood, social relationship, marriage and career formation, personality development, problems of late adulthood.

UNIT 14 OLD AGE

Issues of old age; problems of old age persons, national policies and legal provision for elderly, death- preparation and coping strategies.

BLOCK 4 STAGES OF DEVELOPMENT- CHILDHOOD

UNIT 15 CHILDHOOD (EARLY AND LATE)

Developmental tasks and characteristics, physical, motor, cognitive, social, language and personality development, Child rearing methods, parenting style, types of parenting- single parent, divorced parents, single child family, cultural diversity in child rearing practices, socialisation and its importance

UNIT 16 PROGRAMMS FOR CHILDREN

Rights of Children; Need for Child Welfare Programmes and policies- National Policy for Children; Specific programmes for Children related to health, Nutrition, Education and their Management. Functionaries of Child Welfare and Development Programmes in India: Ministries/Departments/Autonomous bodies; International agencies

UNIT 17 PLAY ACTIVITIES AND MATERIAL 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

UNIT 18 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. 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

BLOCK 5 WOMEN'S STUDIES

Unit 19 women empowerment

Meaning, Significance and growth of women's studies in India, Role and status of women in the society, the changing position of Indian women, women empowerment. Women and education, women and employment, women and Health, women and violence, women's personal lows, programmes for women in India

Unit- 20 Problems and Issues related to women

Child marriage, female foeticide and infanticide, female mortality, Discrimination in nutrition and Health care, Dowry, Violence, divorce, separation, bride burning, widowhood, women's Rights

MAHSC 1.3

FOOD SCIENCE

BLOCK 1 FOOD SCIENCE- GENERAL INTRODUCTION

UNIT 1 INTRODUCTION TO FOOD SCIENCE

Introduction , meaning and definition of food, food science, nutrition science, Concept of nutrition, adequate nutrition, malnutrition, Balance diet and factors affecting balanced diet, functions of food, food groups and food guide pyramid

UNIT 2 PHYSICAL AND CHEMICAL PROPERTIES OF VARIOUS FOOD

Boiling point, melting point, emulsion, osmotic pressure, humidity, role of pH in cooking.

BLOCK 2 FOOD GROUPS I

UNIT 3 FOOD GROUPS- CEREALS AND PULSES

Cereal and cereal products: - structure composition, nutritive value, specific cereals, and effect of cooking on cereals

Pulses:-nutritive value, processing, toxic constituents, role of pulses in cookery

UNIT 4 MILK AND MILK PRODUCTS

Milk and milk products:-composition, nutritive value, milk products, role of milk and milk products in cookery

UNIT 5 EGG, MEAT, FISH AND POULTRY

Eggs: - structure, composition, nutritive value, egg cookery

Meat poultry and fish: - structure composition and nutritive value, post mortem changes in meat, fish and meat cookery.

UNIT 6 VEGETABLE, FRUITS AND BEVERAGES

Vegetables and fruits:-classification, composition, storage, role of vegetables and fruits in cookery, importance and type of beverages, nutritive value of beverages and factors affecting nutritive value of beverages.

BLOCK 3 FOOD GROUPS II

UNIT 7 NUTS AND OILSEEDS, SPICES AND HERBS

Classification, nutritive value, uses and toxins of dry fruits.

Importance of spices in meal, types of spices, medicinal value of spices, use of spices in cookery.

UNIT 8 SUGAR AND ITS PRODUCTS

Nutritive value of sugar, jaggery and honey, types of sugar, properties of sugar and sugar cookery.

UNIT 9 FATS AND OILS

Nutritive value, storage and composition of fats, effect of fats on health, importance of fats and oils in cooking.

BLOCK 4 FOOD QUALITY ANALYSES

Unit -10 Importance of food standards

Quality control and assurance, Food standards, laws and regulations to ensure safety of food: Prevention of Food Adulteration Act, 1954; Essential Commodities Act, 1955; Fruit Product Order, 1946; Directorate of Grading, Marketing and Inspection of Agricultural Products; Bureau of Indian Standards, 1952; Standards Weights & Measures Act 1976.

Unit -11 Hazards to Food Products

Micro-biological, environmental, natural, toxicants, pesticide, residues and food additives, Food Adulteration: Common Adulterants; Methods and Tests for detecting Adulterants.

Unit -12 Sensory Analysis:

Definition; Use in Product Evaluation, Types of Tests: Discrimination/ difference test- Paired test, Triangle test and duo-trio test, Tests for multiple samples, difference from control/ reference.

Quantitative Difference Tests: Ranking; Numerical Scoring Test; Magnitude Estimation, Descriptive Tests, Threshold Tests, Acceptance Tests, Determining consumer acceptability using sensory evaluation.

UNIT 13 ENZYMES AND FOOD ADDITIVES

Meaning of enzymes, enzymes used in food processing, types of enzymes.

Objectives and importance of food additives, types and functions of food additives.

UNIT 14 COOKING OF FOOD

cooking and its importance, methods of cooking:-dry cooking methods, moist cooking methods, pressure cooking, solar cooking, microwave cooking, changes in texture, flavour, and pigments during cooking, how to reduce lose of nutrients during cooking, how to increase nutritive value of food

MAHSC 1.4

PRACTICLE

MAHSC1.1 Textile and clothing

- A. Identification of Textile Fibres
- B. Identification of Yarn Types
- C. Identification of weaves by sample collection.
- D. Removal of different type of stains on cellulosic, silk and synthetics fabrics
- E. Sample preparation – Tie-n-Dye, Batik, and Printing.

MAHSC1.3 Food science

1. Sugar Cookery: Stages of sugar cookery.
2. Fats and Oils: Melting point, Smoke Point, Suitability of different fats as medium for cooking.
3. Milk and Milk products: Effect of acids, salts, alkali, sugar, heat and enzymes.
4. Eggs: Methods of egg cookery and effect of heat.
5. Pluses: Effect of cooking and processing methods.
6. Fruits and Vegetables: Effects of cooking, metal ions and PH, on pigments

MAHSC 2.1

EXTENSION EDUCATION AND COMMUNICATION

BLOCK1 Extension and Communication Concepts in Community Development

Unit -1 Community

Definition, concept and characteristics of a community; Structure and organization of different types of communities: tribal, rural and urban, 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 -2Extension

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 -3Extension 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 -4Development Communication

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

BLOCK 2 Communication Technologies in Extension

Unit -5 Communication Systems

Types of communication systems- concept, functions and significant interpersonal, organizational, public and mass communication. Elements, character and scope of mass communication. Mass communication-models and theories; Visual communication-elements of visual design - colour, line, form, texture and space; Principles of visual design - rhythm, harmony, proportion, balance and emphasis; Visual composition and editing.

Unit -6 Media Systems

Trends and Techniques: Concept, scope and relevance of media in society; Functions, reach and influence of media; Media science in India, issues in reaching out to target groups; Contemporary issues in media: women and media, human rights and media, consumerism and media; Historical background; nature, characteristics, advantages and limitations and future prospects of media; Traditional media vs. Modern media.

Unit -7Advertising:

Definition, concept and role of advertising in modern marketing system and national economy.

Unit -8Elementary Computer Application in Communication:

Introduction to Basics of Computers; Report preparations and presentations; Scanning, Designing and Printing

BLOCK 3 Management of Extension Systems and Programmes

Unit -9 Concept of Extension Management:

Definition, nature and process and need; Models and principles of extension management

Unit -10 Steps in Extension Management:

Planning: Meaning and characteristics - elements, policies, strategies, procedures and rules, budgets - planning process, types of plan; Organizing: organizational structure - organizational chart, organizational relationship, formal and informal organization; Coordination - meaning, objectives, linkage mechanisms - involvement of organizations at local level-nonprofits and profit making organization; Staffing - meaning, manpower planning, selection, training and development needs, methods for performance appraisal, organizational conflict and conflict resolution and grievance handling; Motivation – concept and theories; Concepts of management control techniques; Monitoring and evaluation-meaning, purpose and differences, types of evaluation, steps in evaluation, reporting.

Unit -11 Personal Management:

Recruitment of extension workers; Classification of positions, Efficiency of Personnel: Orientation to new workers; Training of the workers; Stimulus and incentives; Code of ethics; Supervision; Appreciation Qualities of a good extension manager- Basic qualities and abilities.

BLOCK 4 Entrepreneurship Management

Unit-12 Entrepreneurship Management:

Concept need and process of entrepreneurship development. Types of enterprise Role of Enterprise in National and Global Economy: Government policies and schemes for enterprise development. Institutional support in enterprise development and management

Unit-13 Entrepreneurship motivation and competency:

Important features of entrepreneurial personality, launching an enterprise: Environment scanning, enterprise selection, market assessment. Resource mobilization, costing and monitoring, evaluation Performance appraisal and assessment Profitability and control measures

Unit-14 Market economy:

Basic definitions, types of market, marketing mix, marketing environment Strategic Planning and Marketing steps: Product development, promotion and distribution.

BLOCK 5 Media and Extension

Unit -15 Theories, types and roles of Media:

Theories and models of mass communication; Role of media in communication process; Various types of media for communication; Various constraints in the use of media; Criteria in selection and use of various media

Unit -16 Media planning for social advertising:

Social advertising and commercial advertising – definitions, need and scope; Social advertising – programme designing, selection of media, impact assessment of each mass media for different campaign types for different target groups, economic, technical and social considerations in social advertising.

Unit -17 Development Journalism:

Growth, nature, scope and significance; Need for development journalism; Issues and problems for media professionals. Print Media Trends in print media; Role of press as mass media; Press Laws in India – History

and present scenario; News – its meaning, concept, news agencies, writing of news. Electronic Media: Trends in Radio, Television and Cyber Media; Impact and policies; Future challenges and scope of electronic media.

BLOCK 6 Gender in Extension and Development

Unit -18 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 -19 Status of Women

Status- meaning, status of women-a situational analysis, demographic, education, employment, political and health (general, occupational and reproductive); Changing scenario. Violence Against Women: Dowry, divorce, female foeticide and infanticide, domestic violence, sexual harassment and exploitation, portrayal of women in mass media; Efforts for elimination of all forms of discrimination.

Unit -20 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-help 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 centres; Political empowerment: role of panchayati raj in the political empowerment of women. 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.

MAHSC 2.2

CLINICAL AND THERAPEUTIC NUTRITION

BLOCK 1 DIET THERAPY

UNIT 1 MEAL AND MENU PLANNING

Need and importance, objectives, factors affecting meal planning, food groups in meal planning, menu-types and importance.

UNIT 2 PRINCIPLES OF DIET THERAPY AND NUTRITION CARE PROCESS

Principles of diet therapy, dietician- role and importance, assessment of patients nutritional need, planning, implementation and evaluation of nutrition care, diet counselling.

UNIT 3 ADAPTATION OF NORMAL DIET

Qualitative and quantitative adaptation, types of diet and mode of feeding

BLOCK 2 NUTRITION DURING LIFE CYCLE

UNIT 4 NUTRITION DURING INFANCY AND CHILDHOOD

Needs and objectives, nutrient requirement, diet pattern, feeding pattern, factors affecting diet planning

UNIT 5 NUTRITION DURING ADOLESCENCE, ADULTHOOD AND OLD AGE

needs and objectives, nutrient requirement, diet pattern, feeding pattern, factors affecting diet planning, eating disorder of adolescence and nutritional problems of old age person.

UNIT 6 NUTRITION IN SPECIAL CONDITIONS

needs and objectives, nutrient requirement, diet pattern, feeding pattern, factors affecting diet planning during pregnancy and lactation, physiology of lactation, food fads during pregnancy and lactation.

UNIT 7 NUTRITION DURING WEIGHT MANAGEMENT

Diet in under weight- nutritional requirement and feeding pattern. Diet in obesity- measurement of obesity, problems related to obesity, nutritional requirement and feeding pattern.

BLOCK 3 NUTRITION DURING DISORDERS AND DISEASES

UNIT 8 NUTRITION IN HEPATIC PROBLEMS

Structure and functions liver, Etiology, symptoms, Diagnosis and Dietary management of – Jaundice, hepatitis liver cirrhosis, fatty liver, hepatic coma

UNIT- 9 NUTRITION IN RENAL DISEASES

Structure and function of renal, etiology, Symptoms, Diagnosis, prevention and dietary management of Acute and Chronic glomerulo nephritis, Nephrosis, Urinary calculi– Types and renal failure

UNIT- 10 NUTRITION IN GASTRO INTESTINAL DISTURBANCES

Structure and function of digestive system, enzymes, Etiology, Symptom, diagnosis, prevention, treatment and dietary management of- Diarrhoea, Constipation, Peptic ulcer and flatulence

UNIT- 11 NUTRITION IN CARDIOVASCULAR DISEASES

Structure and function of heart, Etiology, symptoms, Diagnosis, prevention, treatment and dietary management of –Atherosclerosis, Hypertension, congestive heart diseases and Heart failure

UNIT- 12 NUTRITION IN HARMONAL DISTURBANCES

Diabetes Mellitus- Types, metabolic changes, aetiology, symptoms Diagnosis, Complications, Treatment – Exercise, hypoglycaemic drugs, Insulin, Dietary management- Role of fibre, glyceramic index list of high glyceramic foods.

UNIT13 NUTRITION IN FABRILE CONDITIONS

acute fever-typhoid and chronic fever-tuberculosis

UNIT 14 NUTRITION FOR FITNESS AND SPORT

Importance of nutrition for different sports at different ages.

MAHSC 2.3

HUMAN PHYSIOLOGY

BLOCK 1 CELL TISSUE AND SKELETON SYSTEM

UNIT 1 CELL AND TISSUES

Introduction, definition, structure, cell division and functions.

Definition structure, function and types of tissues.

UNIT 2 SKELETAL SYSTEM

Structure and function of bone, cartilage and connective tissue, joints and its types

UNIT 3 MUSCULAR SYSTEM

Types of muscles structure and function.

BLOCK 2 NERVOUS, ENDOCRINE AND SENSORY SYSTEM

UNIT 4 NERVOUS SYSTEM

Structure and function of neuron, conduction of nerve impulses, synapses, role of neurotransmitters.

Organisation of central nervous system, structure and function of brain and spinal cord, afferent and efferent nerves, blood brain barrier, hypothalamus and its role in various body functions- obesity, sleep memory, peripheral nervous system.

UNIT 4 ENDOCRINE SYSTEM

Endocrine glands- structure, function, role of hormones, regulation of hormonal secretion. disorders of endocrine glands. Emphasis on physiology of diabetes and stress hormone.

UNIT 5 SENSE ORGANS I

Review of structure and function, role of skin, eye- structure, different disorders of eye, lances, uses of lances in eye disorders.

UNIT 6 SENSE ORGANS II

Ear- structure and importance of eye, functions of ear , defects of ear, importance of nose and tongue in perception of stimuli, taste buds.

BLOCK 3 DIGESTIVE RESPIRATORY, CIRCULATORY SYSTEM AND BLOOD

UNIT 7 DIGESTIVE SYSTEM

Review of structure and function, organs of digestive system, digestive and absorptive functions, role of liver, pancreas and gall bladder and their dysfunction. Enzymatic secretion of digestive system

UNIT 8 RESPIRATORY SYSTEM

Structure and function, role of lungs in the exchange of gases, transport of oxygen and carbon di oxide, role of haemoglobin and buffer systems, cardio respiratory responses to exercise and physiological effects of training.

UNIT 9 CIRCULATORY SYSTEM

Structure and function of heart and blood vessels, regulation of cardiac output and blood pressure, heart failure, hypertension.

UNIT 10 BLOOD

Blood formation, composition, blood clotting and haemostasis, formation and function of plasma protein, blood group.

BLOCK 4 EXCRETORY, IMMUNE AND REPRODUCTIVE SYSTEMS

UNIT 11 EXCRETORY SYSTEMS

Structure and function of nephron, urine formation, role of kidney in maintaining pH of blood.

Water, electrolyte and acid base balance, diuretics.

UNIT 12 IMMUNE SYSTEM

Cell mediated and humeral immunity. Activation of WBC and production of antibodies. Role in inflammation and defence.

UNIT 13 REPRODUCTIVE SYSTEMS

Male and female reproductive organs and their functioning, hormone

Unit 14 HORMONE - mechanism of action of hormone and importance

MAHSC 2.4

PRACTICLE

MAHSC 2.1 extension education and communication

1. Preparation of Teaching Aids: Charts, Posters, Flash Cards and Literature
2. Preparation of Advertisements for Recruitment.
3. Preparation of Personal Requirements for specific organizations with full justification and budgetary requirements
4. Arranging Mock Interviews, Group discussions, etc for Recruitment.

MAHSC 2.2 Clinical and therapeutic nutrition

1. Preparation of Meal Plans for different age and socio-economic groups.
2. Plan diets for different diseases.
3. Cook at least one dish for every disease.

MAHSC 3.1

RESEARCH METHODOLOGY

BLOCK 1 MEANING AND NEED OF RESEARCH, NATURE OF PROBLEM AND RESEARCH

UNIT -01 meaning, type and need of research

steps of scientific method:- identification of problem, formation of hypothesis, collecting the facts, testing the hypothesis, meaning and characteristics of scientific research, need of research, types of research:- historical, descriptive and experimental research

UNIT -02 nature and selection of research problem

Identification of research problem, evaluation of research problem, sources of research problem,

UNIT -03 – Research hypothesis

meaning and definition of hypothesis, nature of hypothesis, sources of hypothesis, characteristics of good research hypothesis, types of hypothesis, functions of hypothesis

UNIT -04 research sampling

concept of universe, types of population:-finite and infinite population, sample, types of sampling-probability and non probability sampling, points to be noted while selecting sampling method, use of sampling, requisites of good sampling method, factors making defective sample

BLOCK 2 TYPES OF RESEARCH

UNIT -05 historical researches

Objectives of historical research, criticism of historical evidences, scope of historical research, importance of historical research, limitation and problems of historical research

UNIT 06 descriptive researches

meaning, objectives of descriptive research, steps of descriptive research, types of descriptive research, types of survey method, study of inter relations:-case study, casual comparative study, correlation study, developmental study:- longitudinal and cross sectional study

UNIT 07 experimental researches

Meaning of experimental research, variables:- independent, dependant, confounding, experimental group and control group, characteristics of experimental research, experimental design:- experimental design as variance control mechanism, maximize experimental variance, minimise error variance, to control extraneous variable, criteria for good experimental design

UNIT 08 qualitative researches

meaning and definition, characteristics, objectives and theme of qualitative research, importance of qualitative research, types of qualitative research:- phenomenological research, heuristic research, ethnographical research, case study, philosophical research techniques of data collection for qualitative research

TECHNIQUES OF RESEARCH

UNIT 09 tests

intelligence test, need of intelligence test, techniques of intelligence test, types of intelligence test, uses of intelligence test, Aptitude test, interest test, development of interest test in India

UNIT 10 interview and measuring scales

Introduction of interview, types of interview, qualities of a good interviewer, merits and limitations of interview, reliability and validity of interview, measuring scales- an introduction and types of scale uses and limitations of measuring scale

UNIT 11 questionnaire and case study

meaning and types of questionnaire, characteristics of good questionnaire, formation of questionnaire, reliability and validity of questionnaire, case study:- an introduction nature of case study, steps in case study, merit and demerits of study,

BLOCK 4 STATISTICAL MEASURES

UNIT 12 measures of central tendency and variability

Measures of central tendency: - mean, median and mode, measures of variability, types of measures of variability:- range, quartile deviation, mean deviation, standard deviation.

UNIT 14 correlation co-efficient and normal probability curve

Correlation and correlation coefficient, types of coefficient, methods of coefficient:-product moment correlation, rank order correlation, coefficient of concordance

UNIT 15 bases of statistical inference, t test and f test and analysis of variance

basis of statistical inference, functions of statistical inference, t test, terminology used in t test:-level of significance, degree of freedom, significant difference, analysis of variance ANOVA, f test, assumptions of ANOVA

UNIT 16 non parametric statistics

concept and methods of non parametric tests, chi square test:- degree of freedom in chi square, steps in chi square, uses of chi square, limitations of chi square, assumptions of chi square, median test, K.S. test, maan Whitney u test.

MAHSC 3.2

TEXTILE DESIGN AND FABRIC CONSTRUCTION

BLOCK 1 CLOTHING DESIGNS

Unit- 1 Principles of Clothing Construction-

Basic Principles of clothing construction and their use in clothing – proportion, balance, Rhythm, Focal point, Harmony, to give line Emphasis, Silhouette.

Unit- 2 Designs in Dress –

Types of design, Types of lines, lines that affect outer shape of dress – Neck line, position of decorative accessories, fullness in costume. Whole length of the dress, construction of structural line, Importance of design in dress, Dress designing for problem figure – The stout women, short and stout woman, long stout women, thin women, short and slender women tall and slender women, figure with large hips, figure with large bust, figure with large upper arm, figure with prominent abdomen, defective parts of body that affect costume design: - shoulder irregularities, Neck line, face cut.

Unit- 3 Colour in Clothing –

Introduction, Types, Theories, principles of colour, colour combination, standard colour schemes

BLOCK 2 MEASUREMENTS AND CUTTING AND SEWING

Unit- 4 Body measurement, cutting and Sewing –

Introduction, general rules for taking measurement, method for taking different body parts measurement – Shoulder width, neck line, Bust, Back, waist, Hip, legs, arm, and full length, Estimation of cloth, fancy Pattern, place the pattern on cloth, method of cutting, suggestions of sewing, Bias, importance of bias.

Unit-5 stitching of garments

Introducing, Parts of sewing machine, common defects of machine and their treatment, measuring devices, cutting and drafting devices, stitching devices.

Unit 6 fabrics with traditional embroideries of different states- phulkari, kantha, kasuti, kutch and sindh, kashidakari, chickenkari and zardozi.

Traditional woven fabric- brocades, bluchers, patola, ikat, pochampalli, carpets and shawls of Kashmir.

BLOCK 3 FASHION DESIGNING AND COMMUNICATION

Unit-7 dress designing for special figure

Study of clothing requirements for: Special figure types- short figure, thin figure, slender figure, narrow and broad shoulder large and flat chest, large and flat hips, large abdomen, long and short neck; Special conditions- maternity, lactation, old age, physically challenged. Sketching and dress designing for: Special figure types; Special needs/ conditions; Special purpose/occasion- at home, school, work, shopping, Birth day party, Wedding party, festival, bridal. Developing a line of garments based on a theme (any three of following): beach wear, casual wear, sportswear, night wear, evening wear, executive wear, traditional Indian Costume.

Unit-8 Fashion

Definition, history, elements, terminology, cycle, factors affecting fashion, fashion sources, fashion trends in India and abroad. Theories of fashion adaptation, career option in fashion.

Unit 8 Fashion communication

Need for promotion of fashion, need for the communication process, communication through different media- written, visual.

Unit-9 Computer aided designing:

Concept, Introduction to pattern making software, knowledge of pattern making programmes. Use of computer application, making patterns for different garments and requirements.

Unit 10 lay out designing- Definition types of layout, economy of fabric in placing patterns, adjusting fabric to pattern. Fitting-good fit, definition, principles and clues for good fit ease, live grain, set and balance.

BLOCK 4 DRESS MAKING

Unit 11 different type of stitches

Construction and decorative. Different type of seams and seam finishes.

Unit 12 methods of dress making

Homemade, tailor made and readymade garments- merits and demerits, factors affecting selection of clothing.

Unit 13 collars, sleeves and skirts- types and uses

Unit 14 basic bodies block

Child and adult bodies block, child and adults sleeve block, fitting problems.

Unit 15 making alteration of basic bodice block for different garments

Suit, night gown, child frock, romper, shirt, night suit

Unit 16 Effect of religion and culture on clothing for different ceremonies and occasions.

BLOCK 5 TEXTILE MANAGEMENT

Unit-17 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-18 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-19 Production management

Purpose of production planning and control, Methods of production planning and control. Role of standards in quality control: Framework of control. Organization and techniques of control

Unit-20 Export procedure and distribution channels used to reach foreign market.

Import and export policies of Indian government. Recent trends in textiles

MAHSC 3.3

COMMUNITY NUTRITION

BLOCK 1 COMMUNITY NUTRITION AND HEALTH LEVEL

UNIT 1 know about the community and work with them

Introduction to Community nutrition, know about the community, work with community: - work with individuals, groups, and organisations, identify the problems and solve them, evaluation of working procedure.

UNIT 2 COMMUNITY NUTRITION AND HEALTH

Meaning and definition of health, meaning of nutrition and relation with health, community nutrition and health, Factors affecting community health: - heredity, health services, environment, personal hygiene, foods.

UNIT 3 NUTRITION PROBLEMS OF COMMUNITY

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.

BLOCK 2 HEALTH EDUCATIONS

UNIT 4 CONTAGIOUS AND NON CONTAGIOUS DISEASES

Difference between contagious and non contagious diseases, types of non contagious diseases, parasites, how to prevent contagious diseases, common diseases their treatment and prevention: - tuberculosis's malaria, tetanus, typhoid, contagious diseases of child hood, degenerative diseases of old age, uses of medicine

UNIT 5 SOCIOLOGICAL FACTORS CONTRIBUTING IN ETIOLOGY AND PREVENTION OF MALNUTRITION

Food production and availability, cultural influences, socio-economic factors, food consumption and distribution, emergency disaster conditions. Malnutrition and Infection: Interrelationship between the two, Immunization.

UNIT 6 COMMUNICATION METHODS FOR NUTRITION AND HEALTH EDUCATION

Meaning and definition of communication, group communication methods:-lecture, discussion, problem solving, role play, enquiry- discovery, demonstration, advantages of group communication. Mass communication: - printing material, audio visual aids, objectives of mass communication, teaching aids: - machine operated, non machine operated, suggestion for effective use of non machine operated devices

BLOCK 3 WORK STRATIGY OF NUTRITION AND HEALTH EDUCATION

UNIT 7 INDIVIDUAL WORK STRATEGY

Women to women strategy:- principals and procedure, child to child strategy:- social and educational utility, principals, role of community workers, implementation of child to child strategy,

UNIT 8COMMUNITY STRATEGIES

Community contacts, village school system:-role of educational system, benefits of village school system planning of nutrition, health, and environment education n village schools

UNIT 9 COMMUNITY NUTRITION PROGRAMMS OF INDIA

Origin of nutritional programs, concept of nutritional programs, applied nutritional programmes, supplementary feeding programmes, special nutritional program, balwadi nutritional programs, mid day meal, I.C.D.S., Prophylaxes nutritional programs

UNIT 10 ASSESSMENT OF NUTRITIONAL STATUS

Meaning, Need, Objectives and Techniques, Primary Method, Anthropometric measurements, Weight, Height, Skin Fold Thickness, Head Circumference, MUAC, Chest Circumference; Use of Growth Chart; Bio-chemical Assessment; Clinical Method; Dietary Survey – Types, Secondary Methods: Vital Statistics; Mortality Rates- Crude death rate; infant mortality rate; maternal mortality rate; survival rate; morbidity rate; fertility rate.

NUTRITION AND HEALTH INTERVENTION PROGRAMMES

UNIT -11 SCOPE OF NUTRITION INTERVENTION

Policy framework- Goals and plans for nutrition intervention. Effects and process of Intervention, Public Health Campaign Approaches to Interventions Nutrition Education Supplementary Feeding Programmes Economic Intervention

UNIT -12 NUTRITION INTERVENTION PROGRAMMES IN DEVELOPING AND DEVELOPED COUNTRIES

Nutrition Programmes in India: Role of various agencies- National, International and Voluntary. Crucial elements of successful community nutrition programmes Public Distribution System

BLOCK4 MEAL PLANNING

UNIT 13 BALANCED DIETS

meaning and definition of balance diet, importance of balanced diet for different age groups, factors affecting balance diet, role of nutrients in balance diet planning, principles of meal planning, point to be kept in mind while plan a meal

UNIT 14 MEALS PLANNING FOR DIFFERENT AGE GROUPS

RDA, nutritional requirements, and factors affecting the meal planning of following groups:- Infancy, Early Childhood, Late Childhood, Adolescence, Adulthood, Old Age Pregnancy and Lactation

MAHSC 3.4

PRACTICAL

MAHSC 3.2 Textile design and fabric construction

1. Sample Preparation- different types of stitches, seams, seam finishes.
2. Sample preparation: blocks- child and adult's bodice block, sleeve below- child and adult's plane sleeve.
3. Sample preparation- different types of sleeves, pockets, pleats, tucks.
4. Sample preparation- Different types of yokes, necklines.
5. sample preparation of different traditional embroideries.
6. stitch any two garment from the following- frock, baby night suit, romper, blouse, suit and gown

MAHSC 3.3 Community nutrition

1. Assessment of a community using Rapid Assessment Procedure.
2. To undertake Dietary Survey by different Methods.
3. Calculation of food and nutrient intake of adolescence girls and pregnant women.
4. Anthropometric assessments.

MAHSC 4.1

HUMAN NUTRITION

BLOCK 1 NUTRITION

UNIT 1 INTRODUCTION TO NUTRITION SCIENCE

Introduction , meaning and definition of food, food science, nutrition science, Concept of nutrition, adequate nutrition, malnutrition, history of nutrition science, Balance diet and factors affecting balanced diet, functions of food, food groups and food guide pyramid.

UNIT 2 BODY COMPOSITION

General body composition, determination of body water and acid base balance, extra cellular water cell mass and body, physiology of hunger

UNIT 3 ENERGY

Energy content of food stuffs, energy expenditure, BMR, calorimeter, determination of energy metabolism in human, thermo genesis- specific dynamic action SDA.

BLOCK 2 ROLES OF NUTRIENTS

UNIT 4 MAJOR NUTRIENTS (ENERGY GIVING)

Carbohydrate: - classification, sources, functions of carbohydrate, requirement, effect of excess and deficiency of carbohydrates. Dietary fibre- component, physiology and metabolic effect, role of fibre in prevention of diseases.

Fats and oils:- composition, classification, sources, functions, saturated and unsaturated fatty acids, essential fatty acids, digestion and absorption of fats, requirements, effect of excess and deficiency of fats.

UNIT 5 MAJOR NUTRIENTS (BODY BUILDING)

Proteins:-composition, essential amino acids, digestion and absorption of protein, classification, sources, functions, requirements, effect of excess and deficiency of proteins, determination of protein quality- biological value, net protein requirement, protein efficiency ratio.

UNIT 6 MICRO NUTRIENTS- VITAMINS

Discovery and nomenclature of vitamins. classification of vitamins, functions, sources and deficiency symptoms of fats and water soluble vitamins.

UNIT 7 MICRO NUTRIENTS- MINERALS

Mineral elements:-digestion and absorption of minerals, classification, function, sources, and deficiency of calcium, copper, iodine, iron, potassium, phosphorus, sodium, magnesium and zinc

UNIT 8 WATER

Water intake and loss, exchange of water in body, effect of low and excess water intake and effect of electrolyte on water.

UNIT 9 ANTIOXIDANTS

Free radicals of oxygen, sources of free radicals, disease processed by free radicals, antioxidant defence system, antioxidant and diseases.

BLOCK 3 ERRORS OF METABOLISM AND NUTRITIONAL ASSESSMENT

UNIT 10 INBORN ERROR OF METABOLISM

Introduction, clinical feature dietary management of phenylketourea, galactosemia, akaptonuria.

UNIT 11 ASSESSMENT OF NUTRITIONAL STATUS

clinical, anthropometric, biochemical and dietary assessment.

UNIT 12 INSTITUTIONAL MANAGEMENT

Concept & definition of catering services in various Institution , Type of services – cafeteria service, Hospital service, vendor, etc, self service , Type of menu – Cyclic, Al-a-carte, Table-d-hote etc

Serving meals for large groups & its management – Hostel, Canteen, Hospital, Railways & Air lines, Hotel

BLOCK 4 FOOD MICROBIOLOGY

UNIT 13 USEFULL MICROORGANISMS

Types of microorganisms and their general characteristics- Fungi, Bacteria, Protozoa and virus. Factors affecting microbes' growth, food culture, fermentation, fermented products and role of microbes, cultivation of microbes, principles and production of enzymes , baker's yeast and vinegar

UNIT14 FOOD PRESERVATION

Principles of food Preservation, methods of food Preservation-Pasteurization, Blanching, canning, freezing, Irradiation, drying and dehydration, Use of Preservatives – Salt, sugar, Unger and chemical.

UNIT 15 FOOD CONTAMINATIONS AND SPOILAGE

Classification of food by ease of spoilage, Causes of Spoilage of food, Sources of Contamination – water, air, soil, animal and humans, Spoilage of canned products – Spoilage by spore forming and non spore forming bacteria.

BLOCKS5 EMERGING TRENDS IN NUTRITION

UNIT 16 EMERGING CONCEPT IN HUMAN NUTRITION

Nutrigenomics, functional foods and bioactive compounds, nutraceuticals, genetically modified food and advances in biotechnology.

UNIT 17 NUTRITIONAL/ MEDICINAL ROLE OF TRADITIONAL FOOD

Traditional food beliefs, role of ayurveda, naturopathy, yoga and other traditional medicines in disease management.

UNIT 18 NUTRITION EDUCATION

Methods used in nutrition education, computer in nutrition education.

UNIT 19 NUTRITION AND INFECTION

Immunity, nutritionally relevant infections and infestations, malnutrition and infection, effect of infection on nutritional status, AIDS

UNIT 20 NATIONAL NUTRITIONAL POLICIES AND PROGRAMMES

MAHSC 4.2

FAMILY RESOURCE MANAGEMENT AND CONSUMER EDUCATION

BLOCK 1 HOME MANAGEMENT

Unit 1 process of management

Meaning and definition of home management need and scope of home management, philosophy, home management process, motivating factor of home management- Goals: - meaning and definition, characteristics, types and its utility. Values:-meaning and definition, importance, classification and its characteristics. Standards:-meaning and definition, importance, classification and its characteristics, inter linking of value goals and standards. Wants: - types, characteristics and factor affecting the wants, Concept of needs, demand and supply

Unit 2 Family resources

family resources:- meaning and definition, importance, characteristics and its types(human and non human resources), factor affecting the utilisation of resources, resource conservation, factors affecting management of resources, principles in the use of resources: scarcity, utility, accessibility

Unit 3 time and energy resources

Time as a resource- time orientation and perception, time demand during different family life cycle, factors to be considered in making time and activity plan,

energy as a resource:- relation of energy to the stages of family life cycle, effort used in home making activities, household task classified by energy cost, factors affecting energy consumption, forms and effect of fatigue work simplification techniques and uses in home

Unit 4 decision making

Meaning definition, role scope and purpose of decision making, factors motivating for decision making, classification of decision; technical, economic, social, legal and political decision, routine programmed and impulsive decisions, linking of decisions decision making process, decision conflict.

BLOCK 2 MANAGEMENT OF ENERGY AND HOUSEHOLD EQUIPMENTS

Unit-5 Sources of energy and their classifications:

Non-renewable vs. renewable sources, alternative sources, conventional vs. non- conventional sources, commercial vs. non-commercial sources. Energy consumption pattern-national statistics, Energy conservation: Principles of improving the efficiencies of- Combustion, Heat exchange and Energy conservation; Proper uses and maintenance of domestic heating, cooking, lighting and other appliances; Energy conservation in the transport sector.

Unit-6 Basics of house hold equipments: About electricity –

Power source, voltage, resistance, current, series/parallel circuits, AC/DC sources; Electrical materials- Conductors, semiconductors, insulators; Important parts in an appliance - Main Cord, switches, plugs and Sockets, controls such as thermostats, light bulbs, heating elements, Motors, Fans & Blowers, Bearings and Bushings, Electronic control systems, Batteries etc.

Unit-7 Product testing for quality:

Need, types of testing, equipments required for testing , Safety against household appliances-Definition and classification of safety; Electric shock and its prevention; Quality control - Provisions and norms.

BLOCK 3 FINANCIAL MANAGEMENT

Unit 8 financial management

meaning, purpose, objectives , goals of financial management, financial planning:- definition, bases, purpose, aspects and viable financial planning methods of handling money, family life stages and use of money, record keeping; definition importance, types and advantages of household records

Unit 9 budget and accounting

Meaning and definition, importance, types steps, characteristics of good budget, misconceptions, problems and factors affecting budget, income; definition, characteristics, types, planning and methods of handling Tax Administration in India: Features, Public Debt, Public Revenue, Public Expenditure, Accounting: Concept, Functions, Accounting Systems, Records, Procedures Auditing and C & AG

Unit 10 saving and investment

Objectives types and saving institutions, investment:-objectives, types of investment, test and principals of investment

Unit 11 consumer education and protection

Definition and meaning of consumer, characteristics and problems of consumer, consumer rights, and responsibilities, consumer information environment and mass media, need of consumer education in India. Factors encouraging consumer movement in India, consumer protection and government legislation act and orders, government and NGO for consumer protection and welfare.

BLOCK4 HOUSING AND INTERIOR DECORATION

Unit 12 house planning

Need and importance of house, selection of site, principles underlying planning of house, vastu shastra. construction and building material, Constructer features of a house, different building material- use and importance

Unit 13 housing legislation and schemes

Building codes, buy laws, NBO (National building organisation), government housing schemes.

Unit 14 interior decoration

Meaning and importance of good taste, objectives of decoration and furnishing, material use in interior decoration, use of elements of arts and principles of design in interior decoration, Introduction, importance of colour, psychological impact of colour, colour wheel, use of colours in interior decoration, different colour schemes used in decoration

Unit 15 history of interior and furniture

concept and architectural characterstics of egyptian, greek and roman interior with emphasis on decoration, ornamentation motifs and furniture, architural elements in india from mughal period to date.

Unit 16 illumination

Purpose, type of lighting, natural and artificial, reflection and inadequate lighting, lighting arrangement for different rooms- study room bed room, drawing room, kitchen and dining room

Unit 17 flower arrangement

Importance of flower arrangement, accessories of flower arrangement, points to be considered while making fresh flower arrangement, styles of flower arrangement

Unit 18 furnishing material

different types of flooring material- carpet and rugs, curtain draperies- types of curtain , curtain rods, rings, railing, hooks, sliding, venetian blinds and space curtains,, upholstery covering material (tapestries and other items),cushioning material springs jute cotton, foams, rubber, other furnishings- bed cover, cushion cover, table liner, bath mates, toilet seats etc..

Unit 19 water supply and drainage

Hot and cold water supply system geyser and boiler, types and sizes of pipes, water supply fittings, principles of drainage, material for drains

Unit 20 air conditioning and ventilation

Introduction to different kinds of air conditioning system and their merit and demerits for air conditioning (window, split and central)

MAHSC 4.3

LIFE SPAN DEVELOPMENT

BLOCK 1 LIFE SPAN PERSPECTIVE

Unit 1 introduction

Stages of life span, basic concept of development, principles of growth and development, developmental tasks, methods of studying human development (Observation, Questionnaire, Interview case study and Psychometric methods). Role of heredity and environment.

Unit-2 social psychology for human development

introduction, social interaction and social influence, basic concept in social psychology, fundamental principles of social behaviour and group dynamics, formation of self, self concept, self esteem, identity

BLOCK 3 FAMILY AND MARRIAGE

Unit-3 Family Pattern and Policies – family life enrichment programme, family rights and responsibilities, Family Pattern, family life cycle Theories of family – developmental system conflict and social exchange theory.

Unit 4 Family Welfare Programmes: Concept, need and scope of family welfare; Constitutional Provisions; National Family Welfare Policy; Specific programmes for family and their management; Agencies and Organizations working for welfare

Unit -5 marriage in Indian society

Meaning, goal, readiness for marriage, preparation for marriage, present trends in marriage, marital adjustment.

Unit -6 legal laws related to marriage

Hindu marriage act, special marriage act, bowery prohibition act, child marriage restraint act, Christian act, Muslim marriage act,

BLOCK 4 SPECIAL CHILDREN

Unit-7 children with special need

Introduction to Children with Special Need: Definition and terminology; Types of special children; Children at risk- poverty and gender issues; Genetic and environmental factors in disability; Effect of the disability on the child; Early detection, screening identification; Need for intervention, education, rehabilitation; Role of family and child care worker Services for Special Children: Prevalence in India; The issues of labelling; Policies and legislation for the disabled; Prevention of the disability; Rehabilitation; Approach towards disability

Unit-8 The Child with mental Retardation:

Definition and classification; Causes of mental retardation; Identification; Characteristics; Managing children with mental retardation at home; Special educational measures Gifted Children: Definition, characteristics of gifted children, identification, special educational measures, role of parents.

Unit-9 Visually Impaired Children:

Definition- Blind and partially sighted children; Identification; Causes; Effect of visual impairment on child's development; Special education & training; Role of family in detection, early stimulation and training
Hearing Impaired Children: Definitions - Deaf and hard of hearing children; Classification: Mild, moderate, severe and profound loss; Causes of hearing impairment; Identification, care, early stimulation and education of hearing impaired children; Role of family in detection and child's language development
The Children with communication disorders: Definition and meaning; Classification; Causes; Management and education of children with communication disorders.

Unit-10 the Children with Cerebral Palsy and Orthopaedic Disability:

Definition and classification; Causes and associated conditions; Identification and integrated education; Rehabilitation of children with physical disability; Role of family in care and early training.

Unit 11 Children with behavioural Disorders:

Definition; General causes; Types; Behavioural problems associated with Autism, Attention Deficit Hyperactivity Disorder (ADHD), Enuresis; Behavioural problems of children showing excessive anxiety, phobia, temper tantrums, withdrawal behaviour and aggressive behaviour

BLOCK 3 FAMILY GUIDANCE AND COUNSELLING

Unit-12 guidance and counselling

Basic differences in guidance, advice, counselling and therapy, Basic concept, meaning, definition, nature, scope of family guidance and counselling, Guidance and counselling needs of individual and families systems, Principles and objectives of family guidance and counselling, Theories and approaches of guidance and counselling, The Indian approach- meditation and yoga exercises.

Unit-13 the counsellor

Types of counselling, Qualities and skills of a counsellor, Evaluation of guidance and counselling.

Unit-14 counselling at different age

Nature of psychological disorders at different stages that require counselling- Childhood, Adolescence and Youth, Adulthood and Old age, Principles of counselling and therapy: Approach to counselling at different developmental stages, Family therapy approach.

BLOCK5 EARLY CHILDHOOD CARE AND EDUCATION

UNIT 15- Principles of ECCE

Importance, need & scope of early childhood care & education, Types of preschools: Play, centre, Day-care, Centre, Montessori, Kinder garten, Balwadi, Anganwadi. Non – Formal & Formal or Structured Education- Concept of non – formal & formal Education, Play way methods, Integrated approach to learning, teaching experience, Psychological effect of pressure on educational / play activities

UNIT 16 Thinkers of ECCE

Historical review of early childhood education-contribution of John Lock, Pestalozzi, Rousseau, Froebel, Maria Montessori, John Dewey, M.K. Gandhi, Tarabai Modak, Ravindranath Tagore (their principles, application and limitation).

UNIT- 17 ECCE in India

Pre Independence period, Post Independence-Kothari Commission, Contribution of Five Year Plans to ECCE, Yash Pal Committee. Contribution of the mentioned agencies/ programmes to ECCE in India: ICCW, IAPE, NCERT, ICDS, UNICEF, NCTE, Mobile Creche etc.

UNIT 18 organisation setup

Administrative set up and function of personnel working at different levels, Preschool Building – Site & location, elements of a building, plans for various types of buildings space, allotment for indoor & outdoor Play, Play equipment : Principles of selection of equipment for various developments, care & use of play equipment, Role & Responsibilities and essential qualities of a teacher & other personnel, Essential of records & reports in preschool types, aim & purpose – anecdotal, cumulative, sample work, medical.

UNIT 19 programmes planning for ECCE

Principles, long & short – term, weekly & daily planning – outline & schedules, Activities for early childhood care & education, Routine activities, storytelling, music & Rhymes, creative activities, science experiences, social studies experiences, children literature, reading, programs, field trips, festivals & celebration, Preparation & use of teaching aids in Nursery school.

UNIT 20 Parents and community education

Need for parent education, aspects of parent education, need for community education, and influence of community and neighbourhood on the child. Science, Methods and techniques of communicating with parents, parent-teacher meeting, visual aids-posters, charts, models, other audio-visual aids.

.
.

