

**B.A./B.Sc. (Hons.)**  
**Department of Home Science, Banaras Hindu University**

**DISTRIBUTION OF DIFFERENT COURSES AND CREDITS IN VARIOUS SEMESTERS**

<i>Semester-I</i>		
Course Code	Title	Credits
HSB101	(A) Introduction to Foods (Credit-2), and (B) Human Development (Credit-2)	4
HSB 102	Practical's based on course HSB 101	2
	<b>Total</b>	<b>6</b>
<i>Semester-II</i>		
HSB 201	(A) Introduction to Clothing Textiles, (Credit-2) and (B) Family Resource Management (Credit-3)	4
HSB 202	Practical's based course HSB 201	2
	<b>Total</b>	<b>6</b>
<i>Semester-III</i>		
HSB 301	(A) Home Science Extension Education, (Credit-2) and (B) Human Nutrition (Credit-2)	4
HSB 302	Practical's based on course HSB 301	2
	<b>Total</b>	<b>6</b>
<i>Semester-IV</i>		
HSB 401	(A) Interior Design, (Credit-2) and (B) Clothing Construction (Credit-2)	4
HSB 402	Practical's based on course HSB 401	2
	<b>Total</b>	<b>6</b>
<i>Semester-V</i>		
HSB 501	Home Science Extension Education and Rural Development	3
HSB 502	Consumer Economics	3
HSB 503	Fundamental of Human Development	3
HSB 504	Diet Therapy I	3
HSB 505	Fashion Designing	3
HSB 506	Practical's based on course HSB 501 & HSB 502	3
HSB 507	Practical's based on course HSB 504	2
HSB 508	Practical's based on course HSB 505	2
	<b>Total</b>	<b>22</b>
<i>Semester-VI</i>		
HSB 601	Advanced Home Science Extension and Communication	3
HSB 602	Diet Therapy II	3
HSB 603	Advanced Human Development	3
HSB 604	Consumer and Business Legislation	3
HSB 605	Statistics and Research Method (Elective)	4
HSB 606	Practical's based on course HSB601	2
HSB 607	Practical's based on course HSB 602	2
HSB 608	Practical's based on course HSB 603	2
	<b>Total</b>	<b>22</b>
	<b>Grand Total</b>	<b>68</b>

**SEMESTER - I**  
**Paper - I**  
**HSB101: INTRODUCTION TO FOODS AND HUMAN DEVELOPMENT**  
**(Credit 4)**  
**Section A: INTRODUCTION TO FOODS**  
**(Credit 2)**

**Foods History :** Composition and functions of food, classification, Food hygiene, cost availability; quality, and quantity of foods, food tables, food groups. Energy foods, body building foods, protective food. Cookery Kitchen; Layout, arrangements, fuel, sanitation & cleanliness, Kitchen and dining equipment's. Principles and objects of cooking, Methods of preparation prior to cooking, Comparative study of cooking, Comparative study of various methods of cooking, Effect of cooking on nutritive value, colour, appearance and palatability, serving of food.

**Cereals & Cereal Products :** Importance, composition and structure of cereal grains, Processing of cereals and storage; methods and their limitations, Germination. Enrichment and fortification of cereals. **Pulses and legumes;** Importance, composition, processing of pulses **Vegetables & Fruits;** Classification, composition, pigments, flavour compounds, selection, purchase, storage and home care. **Milk & Milk Products;** Composition, processing, uses in cookery, effect of heat, enzymes, acids and salts on milk and milk products

**Flesh Foods;** Egg; Structure, composition, quality of eggs, uses in cooking. Meat, Fish, Poultry; Classification, structure, composition, ripening, ageing, factors affecting tenderness of meat, buying and care in Home. Gelatine; composition, properties & uses. **Beverages;** Tea, coffee, chocolate & cocoa powder. Other Beverages; aerated beverages, juices. **Nuts & Oilseeds;** Composition, role in the diet. **Spices & Condiments;** Properties, uses and abuses in diet.

**Food safety and standard regulation :** Adulteration, ISI, Agmark, FPO, MPO, PFA, HACCP. Additives, Food Laws.

**Food Microbiology :** Brief history of Food Microbiology and introduction to important microorganisms in foods. Food Spoilage; Contamination and role of micro-organisms in the spoilage of different kinds of foods and their prevention, Cereal and cereal products, vegetables and fruits, fish and other sea foods, meat and meat products, Egg and poultry, milk and milk products, canned foods. Public health hazard due to contaminated foods; Food borne infections and intoxications; symptoms, mode and source of transmission and methods of prevention. Fundamentals of control of micro-organism in foods; extrinsic and intrinsic parameters affecting growth and survival of microbes, use of high and low temperature, dehydration, freezing, freeze drying, irradiation and preservatives in food preservation.

## **Section B: HUMAN DEVELOPMENT (Credit 2)**

**Concept of Human Development :** Meaning and importance of Human Development, Principles of Development, meaning of terms “Growth” and “Development”, Stages of Human Development, Major characteristics of different stages of lifespan (Prenatal, Infancy, Baby hood, early middle and late childhood, Puberty, early and late adolescence, young, middle and late adulthood and old age). Development task and milestone.

**Physiology of Pregnancy & Postnatal care of Mother & Child :** Reproductive System (Male and Female) conception. Stage of Prenatal Development, Genetic and Environmental factors, Birth process and complication, Maternal Health and Care during pregnancy, Immunization schedule.

Hazards during prenatal development, Immediate care of new born, Types of feeding Natural and Artificial, Weaning, Infant and mother mortality and morbidity, Child rearing Practices.

**Study of Development Patterns :** Physical, motor, social, emotional, cognitive and language development in different stages of lifespan (Prenatal, Infancy, Baby hood, early middle and late childhood, Puberty, early and late adolescence, young, middle and late adulthood and old age).

**Problem and adjustments during lifespan :** Problems of infancy, preschool period, adolescence and old age. Physical, psychological, behavioural, social and family adjustment during different stages of lifespan.

### **PRACTICAL**

#### **HSB102: INTRODUCTION TO FOODS AND HUMAN DEVELOPMENT (Credit 2)**

##### **Part A: Introduction to Food**

1. Preparing different food items by using different cooking methods and calculation of nutrients based on food composition table.
2. Study of the effect of cooking on carbohydrates-- (dextrinization, caramelization-sugar), fats, protein (egg-coagulation, paneer), texture and colour of vegetables.
3. Methods of food processing- popping, germination/sprouting, malting, baking, preparation and serving.
4. Study of microorganism through permanent slides.

##### **Part B : Human Development**

1. Study of Reproductive system.
2. Visit to any one pre-school center situated in Varanasi City.
3. Study of all development patterns in different age groups.

- Infancy
- Baby hood
- Pre-school child

- School going child
- Child in puberty
- Adolescents
- Adult
- Old age person

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1. Tauro P., Kapoor K.K., Yadav K.S. (1996). An Introduction to Microbiology, Wiley Eastern Limited.
2. Wilson E.D., Fisher K.H. and Garcia P.A. (1980). Principles of Nutrition, John Wiley & Sons, New York.
3. Potter N.N., Hotchkiss J.H. (1996). Food Science, Edition 5, CBS Publishers and Distributors, New Delhi.
4. MacMillan M. (1984). Experimental Foods Laboratory Manual, Surjeet Publications.
5. Frazier W.C. and Westroff D.C. (1988). Fourth Edition, Food Microbiology, McGraw Hill INC.
6. Prevention of Food Adulteration Act (1994). Govt. of India.
7. Schiambery L.N. (1988). Child & Adolescent Development, McMillan Publishing Company, New York
8. Papalia, D.E. & Olds S.W. (1978), Human Development, Mcgraw Hill, New York
9. Child Development - A Topical Approach, Alison-Clarke-Stewart, SusanFriedman-Joanne Kock
10. Berk, L.E. (1996). Child Development, New Delhi, Prentice Hall

## SEMESTER - II

### Paper - II

#### HSB201: INTRODUCTION TO CLOTHING TEXTILES AND FAMILY RESOURCE MANAGEMENT (Credit 4)

##### Section A: INTRODUCTION TO CLOTHING TEXTILES (Credit 2)

**Introduction :** Concepts and classification of textile fibres; Natural fibres; Cotton, flax, jute, hemp, ramie, silk, wool, asbestos, mineral fibres (structure, properties and formation). Man-made fibres; Rayon, acetate, nylon, polyester, acrylic and glass fibres. Blends and mixture.

**Yarn :** Classification; Simple yarn, complex yarn, fancy yarn, spun yarn, filament yarn. Twist, crimp, yarn numbering system, tex, denier, count. Methods of fabric formation.

**Weaving :** Introduction to weaving, Loom, its parts and working, Basic weaves and its derivatives, Fabric count. Non-woven fabric construction; felts and non-woven. Knitted fabric; Warp knitting, weft knitted & circular knitting.

**Fabric finishes :** Processes of removing impurities from fabric; scouring, degumming, carbonizing. Basic finishes that alter texture; felting, singeing, stiffening, decatizing. Surface finishes; Bleaching, delustering, calendaring, beetling, napping, flocking, burnt out design, tentering, shearing and brushing.

Functional finishes - water proofing, water repellent, shrinkage control, flame retardation, mildew proof, moth proof, antibacterial, anti-static.

**Dyes and Dyeing :** Classification of dyes & their applicability; Natural and synthetic dyes; Direct dye, acid dye, basic dye, vat dye, sulphur dye, azoic dye, mordant dye, disperse dye, reactive dye, pigments. Methods of dyeing; Jet, Jig, winch & warp beam. Techniques of dyeing; Solution dyeing, fibre and yarn dyeing, piece dyeing, cross dyeing, union dyeing. Colour fastness of fabric for washing, perspiration & light.

**Printing :** Hand printing methods; block printing, stencil, screen printing, spray printing, tie & dye, batik, warp printing. Machine printing; roller, screen printing, heat transfer printing, flock printing.

**Laundry :** Introduction to laundry process, materials and equipment's in laundry. Hard and soft water; Temporary and permanent hardness, methods of softening water, chelating and sequestering agents. Soap and detergents; Definition, chemical nature, manufacturing, properties and cleansing action. Bleaches: Classification, application of bleaches to various fibres & fabric. Additives used in laundry; optical brightener, bluing agent. Starches, stiffening and softeners. Principles of laundering; Hand washing methods, washing machine.

Dry cleaning & Label. Disinfections of clothes.

**Stain removal :** Classification of stains, principles of removal, types of stain removers, techniques of removal. Care & Storage of apparel and household linen.

**Traditional Embroidery :** Types & techniques, Traditional embroidery of India, Kashida of Kashmir & Bihar, Kantha of Bengal, Kasuti of Karnataka, Embroidery of Kutch & Kathiavar, Phulkari of Punjab, Chikankari of Lucknow, Manipuri Embroidery, Chamba Rupal, Quilting of Bihar, Orissa. Value addition of fabric (with respect to entrepreneurship).

## **Section B: FAMILY RESOURCE MANAGEMENT** (Credit 2)

**Management as a discipline and Science :** Interdisciplinary nature of management, Stages of development, Classical Organization Theory, Behavioural theory, Qualitative Relevance to family resource management; Meaning, Nature and scope. Management Abilities; Principles of Management; Technical, Conceptual, Human. Process of Management & functions; Planning, controlling and Evaluation. Motivation for Management; Values, goals & standards. Decision Making; Meaning, Types of decision, Mode of decision making, Cost-benefit analysis, Decision tree.

**Resources :** Type of Resources. Classification and Characteristics of Resources; National & global, human, material, economic & non-economic. Principles in the use of resources; Scarcity utility, accessibility, exchange, transferability, substitution, reverse & investment, exchange linkage. Management of Resources; Time and Energy Management, Time as a resource, time orientation and perception, planning & using time resources effectively. Energy as resource; Identifying energy resources and factor affecting energy consumption, work simplification.

**Financial Management :** Money as a resource in economic welfare; Planning, Family life stages & use of money, Budget; Types, steps, advantages and disadvantages, Income; Productive income, money income, hidden income, Savings & Capital Investment; Objective, types of saving & investment; Saving Institution Schemes, Credit; Types, sources, rural, urban use of credit and credit instrument to increase level of living of urban or rural households.

**Concept of Ergonomics :** Scope of Ergonomics in home and other occupations; Nature of work in household & other occupations;

**Introduction to foundation of art :** Elements of design; Line, Size, Form, Structure, Space, Pattern, Shape, Light, characteristics & classifications.

**Designs :** Definition & types of structural & decorative, Principles of design; Definition & their characteristics & types, Balance, Harmony, Scale, Proportion, Rhythm, Emphasis. Study of Colours; Classification dimensions, colour schemes & effect.

## **PRACTICALS** **HSB202: INTRODUCTION TO CLOTHING TEXTILES AND FAMILY** **RESOURCE MANAGEMENT** (Credit 2)

### **Part A: Introduction to Clothing Textiles**

1. Identification of fibres - Visual inspection, burning, microscopic and solubility test.
2. Identification of yarns.
3. Demonstration on part of looms & motion of loom.
4. Preparation of basic weaves sample.
5. Warp and weft yarn counting in fabric.
6. Identification of fabric finishes and collection of samples.
7. Dyeing of cotton, wool & silk with natural & synthetic dyes i.e. Direct, naphthol,

- acid, reactive etc.
8. Preparation of sample by Tie & Dye Techniques & Batik.
  9. Preparation of samples by Block printing, Stencil printing, screen printing & spray Printing.
  10. Bleaching & starching
  11. Stain removal
  12. Laundry of cotton, silk, wool & synthetic.
  13. Making samples by using contemporary embroidery & samples of traditional embroidery.
  14. Visit to weaving center & any one museum.

**Part B : Family Resource Management :**

1. Preparation of colour wheel & colour scheme.
2. Flower arrangement for Different areas.
3. Study of elements of arts.
4. Study of principles of design.
5. Study of various types of cheques and saving schemes.
6. Work simplification techniques.

**REFERENCES :--**

1. Dulekar Durga (1976) : Household Textiles & Laundry Work, Delhi, Atmaram & Sons
2. सिंह वृन्दा : वस्त्र विज्ञान एवम परिधान
3. सावित्री पंडित एवम शशि कलाशिंदे, भारतीय कषीदाकारी, गोविन्दवल्भ पंत कृषि एवम प्रौद्योगिक विश्वविद्यालय, पंत नगर
4. Hallen & Saddler, Textiles, Macmillan Company, New York.
5. Nickell and Dorsey, 1976. Management in Family Living (4th Ed.) Wiley Eastern Limited, New Delhi
6. Gross, Crandall & Knoll, 1980, Management for Modern Families, Prentice - Hall, Inc. Englewood cliffs, New Jersey
7. Grossack, I.M. & Martin, D.D. (1980) : Managerial Economics, Little Brawn & Co.
8. Adhikari, M. (1978), Economic Environment of Business, Sultan Chand
9. Shukul & Gandotra : Home Management and Family Finance.
10. डॉ० मन्जू पाटनी : गृह प्रबन्ध
11. डॉ० मन्जू पाटनी : आवास गृह सज्जा एवम घरेलु उपकरण
12. करुणा शर्मा : आवास एवम आन्तरिक सज्जा
13. डॉ० रीना खनूजा : गृह प्रबन्ध, साधन व्यवस्था एवम आन्तरिक सज्जा
14. डॉ० जी० पी० शैरी : गृह व्यवस्था एवम गृहकला

**SEMESTER - III**  
**Paper - III**  
**HSB301: HOME SCIENCE EXTENSION EDUCATION AND HUMAN**  
**NUTRITION**  
**(Credits 4)**  
**Section A: HOME SCIENCE EXTENSION EDUCATION**  
**(Credit 2)**

**Extension Education :** Concept, meaning, philosophy, principles, aims & objectives of extension education, Brief History of extension activities in India (pre and post Independence), Extension Teaching Methods, Difference between formal & extension education, Steps in extension teaching.

Classification of extension teaching methods according to different criteria's; according to use, form & nature, function, steps in extension teaching, Learning Objectives, Innovation Decision Process, Adoption process, Adopter's Category, Combined use of extension teaching methods (purpose, significance & types of combinations), Types of demonstrations (method, result & combined demonstration), Group Discussion, Campaign, Teaching Through Village Leaders, Criteria for Selection of Extension Teaching Methods, Factors affecting Extension Teaching Methods, Traditional Folk programmes, Educational Psychology & its application to extension education, Concept, meaning & aim of education psychology, Relationship between educational psychology & extension education, Objective and contribution of Psychology, Intelligence, emotions & motivation (concept, related Theories, types, importance, use in extension teaching), Psychology of Learning; Definition, meaning & concept of Teaching, Principles of Teaching; Qualities of a good Teacher, Guidelines for the teacher, Teaching plan (method of preparation, essentials & precautions), Teacher evaluation (concept & criteria's), Some psychological terms & their definition; Attention & Perception, Thinking, Conflicts, Psychological barriers, Propaganda.

**Communication :** Concept of communication - meaning, functions, problems & barriers, Elements of communication process, Communication media - meaning, classification, advantages & limitations, Importance of communication in extension work, Communication Models, Functions of Communication, Communication Channels, Communicator - Communicate relationships; Orientation, Empathy, Feedback, Physical Interdependence, Credibility, Interaction, Homophily, Heterophily, Feedback in communication & role of feedback in Extension Education, Communication and extension approaches; Individual approach, Group approach, Mass approach.

**H.Sc. Extension :** Concept, meaning of H.Sc. extension, History of H.Sc. extension education, History of H.Sc. extension education in India.



## **Section B: HUMAN NUTRITION**

**(Credit 2)**

**Concept of Nutrition :** Relation of nutrition to health, optimum nutrition, adequate nutrition, malnutrition, growth of the Science of nutrition with particular reference of India. Composition of human body, structure and functions of digestive organs, excretion of waste products, study of urine, sweat and faeces, blood body fluids and hormones, Microscopic study of stomach, tissues of human body, digestion absorption and metabolism of foods. Brief history of Nutritional Science, Scope of Nutrition. Minimal Nutritional requirements & RDA - Formation of RDA and Dietary guidelines - Reference Man and Reference Woman. Human Body Composition and Changes through the life cycle. Energy in Human Nutrition - Energy Balance, Assessment of Energy Requirements, Deficiency and Excess.

**Introduction to Biochemistry :** Definition, objectives, scope

**Carbohydrates :** Definition, classification, structure and properties, digestion and absorption, Blood glucose and effect of different carbohydrates on blood glucose, Glycaemic Index, Significance of Dietary Fibre.

**Proteins :** Definition, classification, structure & properties of amino acids - Essential and non-essential Proteins; Assessment of protein quality (BV, PER, NPU), Protein Energy Malnutrition (PEM).

**Lipids :** Definition and classification, structure, properties, significance of acid value, iodine value and saponification value, Digestion and absorption.

**Vitamins :** Fat soluble and Water soluble, Physiological role, bio-availability, requirements, sources, deficiency and excess.

**Minerals & Trace Elements :** Physiological role, bio-availability and requirements, sources, deficiency and excess (Calcium, Phosphorus, Magnesium, Iron, Fluoride, Zinc, Selenium, Iodine, Chromium).

**Water & Electrolyte :** Functions, Requirements.

**Enzymes :** Definition, Types & Classification of Enzymes.

**Community Nutrition :** Community Nutrition of a field; Public Health Nutrition, Goals for Nutrition programmes, planning, implementation and evaluation of nutrition education programme, food fads and food habits. Introduction to national nutrition programmes & policies; Integrated Child Development Services (ICDS); National Rural Development Programme (NRDP); National Rural Employment Programme (NREP); Miscellaneous monofocal programmes. Role of international agencies and programmes in community nutrition; Food & Agriculture Organization (FAO); World Health Organization (WHO); United Nations Children's Fund (UNICEF); Other voluntary and government agencies. Direct nutritional assessment of human groups; Nutritional anthropometry; Biochemical tests; biophysical tests; clinical signs; individual nutrient deficiencies. Diet Survey methods at national, institutional, family and individual level. Indirect nutritional assessment of human groups : 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.

**PRACTICAL**  
**HSB302: HOME SCIENCE EXTENSION EDUCATION AND HUMAN NUTRITION**  
**(Credits 2)**

**Part A:- Home Science Extension Education :**

1. Preparation and use of following aids; Circular letter, Leaflet and Pamphlet, Newspaper, Flash cards, Poster, Chart.
2. Visiting Exhibition/media in community and preparation of report.
3. To get familiar with use and care of projected aids.

**Part B:- Human Nutrition :**

1. Preparation of dishes rich in energy, protein, fat, fiber, calcium, iron, vitamin A, vitamin C, thiamine, riboflavin and niacin.
2. Reaction of mono, di and polysaccharides and their identification in unknown mixtures, Iodine test for cooked and uncooked starch and dextrin.
3. Reactions of different types of fats (saponification and iodine value).
4. Reactions of proteins.
5. Study of microscopic structure of tissues, liver, kidney, stomach, intestine, blood.
6. Evaluation of nutritional status by anthropometric method, Dietary survey.
7. Other determinants of family nutrition; socio-economic status survey, using SES scale.
8. Dietary practices, fads and fallacies during illness, pregnancy, lactation and other special conditions.
9. Assessment of nutritional status using above criteria in a community set up and report writing.

**REFERENCES :--**

1. Reddy A, Extension Education, Bapatia, India, Shree Laxmi Press.
2. Pillai K.S., ABC of Non-formal Education, ITB Indraprastha Estate, New Delhi, India Adult Education Association.
3. Dhama O.P. & Bhatnagar O.P., Education & Communication for Development, Oxford & I.B.H. Publishing Co. Pvt. Ltd., New Delhi.
4. Sampath K., Pannirselvam A., Santhanam S., Introduction to Educational Technology, New Delhi, Sterling Publishers.
5. Swaminathan M. (1985). Essentials of Food and Nutrition, Vols. I & II, Ganesh & Co., Madras.
6. Indian Council of Medical Research (1989). Recommended Dietary Intakes for Indians.
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8. Sundararaj P and Siddhu A. (1995). Quantitative tests and Quantitative procedures in Biochemistry - A practical manual, Wheeler Publishing.
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10. Guyton A.C., Hall J.E. (1996) : Textbook of Medical Physiology, 9th Ed. Prism Books (Pvt.) Ltd., Bangalore.
11. Obert J.C. (1986) Community Nutrition, 2nd Edition, MacMillan Publishing Co., New York.

## SEMESTER - IV

### Paper - IV

#### HSB401: INTERIOR DESIGN AND CLOTHING CONSTRUCTION (Credit 4)

##### Section A: INTERIOR DESIGN

##### (Credit 2)

**Housing :** Family's Housing Needs; Protective, economic, affectional, social. Standard of living, housing goals, style, function, occupation, Factors influencing selection and purchase of site for house building, Legal aspects, location, physical features, soil conditions, cost, services, House Planning, Reading house plans, Grouping of rooms, orientation, circulation, flexibility, privacy, spaciousness, services, aesthetics, economy light and ventilation.

**Planning different rooms :** Living room, dining room, bedrooms, kitchen, store room, toilet, passage, staircase, Financial Consideration, Availability of funds for housing, Housing Development Finance Corporation, Cooperative Housing Society, Life Insurance Corporation, Cooperative Banks, Loan from Provident Fund, Finance Corporation of India, Residential structural features of architecture.

Foundations, footing, plinth, beams, columns, walls, slabs, floor, ceiling, window, doors, staircase, Types of building materials and its characteristics & uses, Gardening plan & indoor gardening, State & Central Housing Scheme; National Housing Policy, Urban Land (Ceiling & Regulation) Act, 1976, Rent Control Act and Govt. Policies & Programmes, Housing problems, causes and remedial measures, Housing Standards & Legislation.

**Interior Planning & Decoration :** Introduction to interior planning & decorations Application of elements and principles of design in interior planning and decoration, Furniture; Furniture design based on anthropometric dimensions. Styles of furniture; Traditional, contemporary and modern, Selection of furniture for comfort, rest & relaxation for work, for storage, Arrangement of furniture for living, sleeping, dining and multipurpose rooms, Upholstered furniture materials, techniques and designs, Furnishing Fabrics, Types of curtains; Draperies, floor coverings, rugs and carpets, cushion covers, slip covers, bed linen and table linen; selection and use, Functional & decorative accessories for interiors, painting, sculpture, pots etc., Lighting in interior; Lighting plans for illumination and special effects, Lighting sources; Developing a lighting plan for different areas, Kitchen Modular Design; Types of kitchen, Kitchen Geometry; Work height of different work areas and storage areas, space dimensions of different work centres and work areas, Materials; Floor, walls, sink, ceiling and its characteristics, platforms, storage etc., Types of finishes, Essential services needed in a kitchen.

Water supply, Hot & cold, tap fittings, water purifiers, Electricity services, electricity current, air purifier, MCB fuses, exhaust, Drainage services, Waste water drainage system, waste disposal, cleaning agents & equipments.

**Light :** Introduction to light, properties of light, velocity of light.

**Household equipment :** Mixer grinder, electric iron, tester, geyser, water heater, washing machine and micro-oven.

**Cleaning and care of different materials;** Metal, glass, wood, paints, upholstery, floor & floor coverings, electrical appliance and decorative articles.

## **Section B: CLOTHING CONSTRUCTION** (Credit 2)

**Traditional textiles and costumes of India :** Dyed & Printed textiles of India; Kalamkari, Patola, Pochampalli, Ikat of Orissa, Tie & Dye of Tamil Nadu, Woven Textiles of India; Brocades, Shawls of Kashmir, Muslins of Bengal, Silk of Karnataka, Cotton of Kerala, Woven sarees of different states of India, Traditional Costumes of India; Costumes of Men & Women & Traditional marriage costumes of different states of India (Details of costumes, jewellery & accessories).

**Apparel Designing & construction :** Elements and Principles of design as applied to apparel designing, Figure types, silhouettes, Sewing equipment's and other tools required for drafting, cutting, stitching, Sewing machine; Part of machine, their use, care & remedy, Body measurement; Anthropometric measures and method of taking body measurement for different garment, General construction techniques for garment; Drafting, folding, lay out, marking and cutting of pattern pieces, Essentials of Children's Clothing, Importance of Clothing, Psychological effect of clothing on children, Effect of clothes and child's growth, Sociological & Psychological aspects of clothing, Drafting of Jhabla, Baby frock, plain frock, shirt, trouser.

**Pattern Making :** Techniques of flat pattern making, Principles and application of flat pattern for different styles of bodies, skirt and sleeves, slash & spread method. Fabrics for garment making; Handling of different types of fabrics, selection of fabric for different garment, study of texture, surface, colour in relation to garment design, material required for different garment. Sources of inspiration for apparel designing, fashion and current fashion trends.

**Design essentials :** Seams; Types of seam, seam finishes, Darts, Tucks, Pleats, Gather, Yokes, Pockets, Collars, Loops & fasteners, Trimmings, Stay Stitching, Lining, Neckline, Interlining, Top Stitching, Facing, Interfacing, Sewing supplies.

### **PRACTICAL** **HSB402: INTERIOR DESIGN AND CLOTHING CONSTRUCTION** (Credits 2)

#### **Part A :- Interior Designing**

1. Learning architectural symbols
2. Drawing of house plans for different income levels
3. Planning of different kitchen layouts (considering various kitchen sizes)
4. Study of furniture detailing
5. Furniture layout for different rooms & drawing of designs
6. Interior design for small flat/large residential space/different rooms
9. Visit to hotels, restaurant, conference hall to study interior designing pattern (any one)

#### **Part B:- Clothing Construction**

1. Visit to museum & report writing on traditional textiles of India.
2. Group Discussion on traditional costumes of India.

3. Illusion of different garment on Silhouette.
4. Preparation of Bodice block, adult.
5. Drafting of sleeves basic & variation.
6. Drafting of collar & its variation
7. Construction of frocks, trouser, shirt.
8. Preparation of samples of seams, dart, tucks, pleats, pockets, collars, loops, fastner.
9. Sketching of designs of variation in frocks.

#### **REFERENCES :--**

1. Cherunilam, Frances & Heggade, Odeyan; D (1987). Housing in India, Bombay, Himalaya Publishing House.
2. Again Tessie (1970). The House: Its Plan & use, New York, J.B. Lippincott Co.
3. Deshpande R.S. (1980). Modern Ideal Homes for India (9th Ed), Smt. L.S. Deshpande for Deshpande Publications Trust.
4. Deshpande R.S. (1980). Building your own House, United Book Corporation.
5. National Building Organization - Monograph of Housing Statistics.
6. Ball Victoria Kloss (1982). Art of Interior Design, John Wiley & Sons.
7. Ruth Morton. (1953). The Home and its furnishings, U.S.A. McGraw-Hill.
8. Complete Guide to Sewing, The Reader's Digest Association, Inc., Pleasantville, New York/Montreal, Canada.
9. Pandit Savitri: Manual for Children's Clothing, Orient Longman Limited, Bombay
10. Zarakkar K.R.: Zarakkar System of Cutting, Bombay.
11. Doongaji (1975). Basic Process & Clothing Construction, New Delhi, Raj Book Dep.
12. Brij Bhushan, Jamila : The Crafts of Weavers, The Costumes & Textiles of India, D.E. Tarapore Valla Sons & Co.
13. Gandotra & Patel: Housing for Family Living.
14. डॉ० मन्जू पाटनी : गृह प्रबन्ध
15. डॉ० मन्जू पाटनी : आवास गृह सज्जा एवम घरेलु उपकरण
16. करुणा शर्मा : आवास एवम आन्तरिक सज्जा
17. डॉ० रीना खनूजा : गृह प्रबन्ध, साधन व्यवस्था एवम आन्तरिक सज्जा
18. डॉ० जी० पी० शैरी : गृह व्यवस्था एवम गृहकला

**SEMESTER - V**  
**Paper - I**  
**HSB501: HOME SCIENCE EXTENSION EDUCATION AND RURAL  
DEVELOPMENT**  
**(Credit 3)**

**Community Development** : Meaning, objectives, organization of Community Development, Scope of Community Development Programme Types of Community Development Programme; Various community development programmes, Govt. sponsored programmes for family development; DWCRA, IRDP, NREP, RLEGP, TRYSEM etc. (source of funding), Panchayati Raj & Democratic Decentralization, Concept & evolution of Panchayati Raj, Organization of Panchayati Raj Institutions, Functions & Importance of Panchayat in rural development, Five Year Plans; Concept & evolution of Five Year Plans, Major contribution of Five Year Plans in rural development, Various community development and rural development programmes under Five Year Plans, Leadership Development, Concept & definition of leader & leadership, Types of leaders; Principles of democratic leadership, Personality Dynamics of leader, Functions of a leader, Factors determining effectiveness of leader, Role of leader in group mobilization, Gender and Development, Concept of development, Indicators for development, Women as a partner in the developmental process & national planning, Approaches of Development, Shifts from welfare approach to development & empowerment approaches, National efforts for Development of Women; National Policy on Women, Role of National Commission for Women.

**Rural Sociology** : Concept, meaning, definition of Rural Sociology, Nature & scope of Rural Sociology, Rural Sociology in India; Origin & development, Importance of Rural Sociology in India, Subject matter of Rural Sociology, Study methods of Rural Sociology, Functions & utility of rural Sociology, Rural Social System, Indian Village (meaning & concept), Characteristics of Rural Society, Rural and Urban life, Rural Social Problems, Indian rural social structure, Rural development and programme; Integrated Rural Development Programme, Rural Reconstruction & Planning.

**REFERENCES :--**

1. Patnayak Rama, Rural Development in India, New Delhi, Vikas Publishing House Pvt. Ltd.
2. Thingalaya N.K., Rural India - Real India, Bombay, Himalaya Publishing House.
3. Indian Journal of Extension Education, The Indian Society of Extension Education, Division of Agricultural Extension, IARI, New Delhi - 110012.
4. Desai, Vasanth, Rural Development Programme & Strategies, Bombay, Himalaya Publishing House.

**Paper - II**  
**HSB502: CONSUMER ECONOMICS**  
**(Credit 3)**

**Family Organization :** Family as basic institution, Structure of Indian Families-urban and Rural family. Family as an economic family, family and society.

**Consumer Economics :** Definition, usefulness and importance of the subject. Survey of living standards of any given group. Standards; Principle of family's standard of living. Concept of standard of living method to raise standard of living.

**Human wants & Utility of Commodities :** Factors governing wants. Theory of wants, classification of wants, Principles of substitution of relation, utility-law of diminishing marginal utility. The principles of equimarginal utility as the object of household expenditure, consumers, surplus.

**Family Finance :** Type of income-money, real, psychic.

1. Sources of money income wages and salaries, Profit, Interest and Rent, Transfer Payments. Royalties, Gifts.
2. Sources of real income. Money spent in exchange economy. Household production. Free goods and services.
3. Regular and irregular income. Substitutions of other resources for money. Methods of handling income in families.

**Expenditure :** Family budget its main items, Engle's law of consumption, kinds of household consumption.

**Market :** Recognition, type of markets functions distribution, role of consumer in market. Price determination under monopoly and competition. Rationing and price control. Price of Commodities; Fundamental ideas, Fixation of price, Price as a guide to quality. The role of consumer in in-crease and decrease of prices. Causes of inflation - role of consumer in influencing inflation.

**Market, Supply & Demand :** Market Schedule, law of demand, elasticity of demand, Types of advertising; Newspaper, magazines direct advertising, radio and television, Outdoor advertising; Advantages & disadvantages of each.

**Entrepreneurship :** Concept and frame work, features, classification of entrepreneurship, entrepreneurship theories, contribution of entrepreneurship and economic development.

**REFERENCES :--**

1. Gordon Lee (1972). Economics for Consumers, D. Van Nostrand Company, New York.
2. Singh Gurbax (Comp) (1990). Law of Consumer Protection, Jaipur, Bharat Law Publishers.
3. Kewal Krishan Dewett & Adarsh Chand (1981). Modern Economic Theory, 12<sup>th</sup> Ed., Shyamlal Charitable Trust.
4. Gupta B.D. (1973). Consumption Pattern in India, Tata McGraw Hill PRACTICAL.

5. Smt. B.K. Bakhshi: Consumption Economics (Hindi).
6. Dr. Tripathi : Consumer Economics (Hindi).
7. Dr. Naresh Tripathi : Consumer Economics (Hindi).
8. Dr. Dubey and Sinha : Cnsumer Economics (Hindi).
9. Smt. B.K. Bakshi : Consumer Economics (Hindi).
10. Dr. Tripathi : Consumer Economics (Hindi).

**PRACTICAL**  
**HSB506 (BASED ON HSB501 AND HSB502)**  
**(Credit 3)**

**Part A: HOME SCIENCE EXTENSION EDUCATION AND RURAL DEVELOPMENT :**

1. Visit to a village to gain knowledge through standard questionnaire about;
  - (a) The Rural Society
  - (b) The Gram Panchayat, Regional Committee (क्षेत्रीय समिति) at block level and their functioning.
2. To know about different programmes running for rural development and to interact with the people involved.
3. Observation of development programmes running in the village and interaction with villagers and personnel of implementing agency.
4. Educational tour to institutions related to the course.

**Part B: CONSUMER ECONOMICS :**

1. Study of merits and demerits of unclear family and joint family.
2. Impact of advertising on consumer buying on children and women/society.
3. Collection of various advertisements and classification by identifying intended consumer appeal.
4. Make a list of sources of income in your family.
5. Draw up a personal budget.
6. **Assignments :** Assign projects to the students to present new idea of enterpreurship.



**Paper - III**  
**HSB503: FUNDAMENTAL OF HUMAN DEVELOPMENT**  
**(Credit 3)**

**Methods of studying Human Development :** (Case study interview, naturalistic observation and laboratory observation). Experimental methods, Data collection methods (cross sectional and longitudinal and sequential studies). Ethics of Research (ethical issues and standards).

**Introduction to theories of Human Development :** Piaget's theory of Cognitive Development. Psycho; sexual theory of Sigmund Freud (Defiance Mechanisms, stages of Psychosexual development, Id, ego and super ego). Psychosocial theory of Erik, Erik son. Traditional learning theories (Pavlov, Watson and Skinner). Social learning theory (Bandura): Kohlberg's Theory of Moral Development. Theories of language acquisition. Maslow's self-actualization Theory. Attachment theory of Bowlby. The psychology of behaviour perception, concept formation, reasoning and thinking. Imagination, creativity memory, remembering and forgetting. Intelligence Motivation and Learning.

**Early Childhood Education and Management :** Meaning, importance and origin in India, objectives and principles of ECCE, philosophy of Early Childhood education, Early childhood education (Pre-basic education of Gandhiji, Maria Montessori, GijuBhai Vadika, Frobel). Early childhood education centres: Infrastructure and Administration, Staff building and Equipment, record helping parent meeting, Curriculum for ECCE centres. Importance of Science, nature, music, role plays and stories in ECCE programme, Understanding and guiding children.

**Child Guidance & Counseling :** Meaning, nature, scope & object of child guidance & counseling service, principals of Guidance & Counseling, types of Guidance & Counseling, Education, Vocational, Occupational, Personal and Behavioural, Premarital and marital counseling, different stages of guidance and counseling role of counselor, ethics of guidance and counseling.

**REFERENCES :--**

1. Gangrae K.D. (1971), Community Organization in India, Popular Prakashan, New Delhi.
2. State of World Children, UNICEF, Annual Publication.
3. Parakesh B.S. (1985), Population Education - Inception to Institutionalization, NCERT, New Delhi.
4. Bernard H.W. & Fullner D.W., Principles of Guidance, Bombay, Allied Publishers.
5. Verma Hildebrand (1985) Guiding Young Children, New York, MacMillan Publishing Company.
6. Hallan D.P. & Kauffman T.M. (1991), Introduction to Exceptional Children (5th Ed.), Boston, Allyn & Bacon.

**Paper - IV**  
**HSB504: DIET THERAPY I**  
**(Credit 3)**

**Basic concepts of diet therapy :** Therapeutic adaptations of normal diet, principles and classification of therapeutic diets. Team approach to health care. Assessment of patient's needed. Routing Hospital Diets; Regular, light, soft, fluid, parenteral and enteral feeding. Energy Modifications and nutritional care for weight management, Identifying the overweight and obese, etiological factors contributing to obesity, prevention and treatment, low energy diets balanced energy reduction and behavioural modification. Underweight; Aetiology and assessment, high energy diets for weight gain, anorexia nervosa and bulimia, Diets for Febrile conditions, Infections and Surgical conditions.

Etiological factors, symptoms, diagnostic tests and management of Upper GI tract disease Diseases of Oesophagus, gastric and duodenal ulcers, diarrhoea, steatorrhea, diverticular disease, inflammatory Bowel Disease, Ulcerative Colitis. Flatulence, Constipation, Irritable Bowel Syndrome, Haemorrhoids, Celiac sprue, Tropical sprue, Nutritional Anaemias, Sickle cell Anaemias. Viral Hepatitis, Cirrhosis of Liver, Hepatic Encephalopathy, Wilson's disease. Dietary care and management in diseases of Gall Bladder and pancreas- Cholelithiasis, cholecystitis, cholecystectomy, Pancreatitis etc.

**PRACTICAL**  
**HSB507: DIET THERAPY I**  
**(Credit 2)**

1. Planning and preparation of Normal diet.
2. High-Risk Management (hospital based) - Nutrition assessment.
3. Planning and preparation of fluid food preparations.
4. Clear fluid preparations. Full fluid preparations. Planning and preparation of fluid diet-clear and full fluid.
5. Planning and preparation do Recipes of soft/semi-solid diet.
6. Mechanical, pureed, Planning and Preparation of soft diet.
7. Planning and preparation of recipes using protein concentrates, sugar substitutes, low fat and low calorie recipes, high fibre recipes bland diet recipes and diets for the following conditions.
8. Constipation, malabsorption, syndrome, viral hepatitis, liver.
9. Cirrhosis, cholecystitis, nutritional anaemias.

**REFERENCES :-**

1. Anderson, L., Dibble, M.V., Turkki, P.R., Mitchall, H.S., and Rynbergin, H.J. (1982): Nutrition in Health and Disease, 17th Ed., J.B. Lippincot & Co. Philadelphia.
2. Antia, F.P. (1973): Clinical Dietetics and Nutrition, Second Edition, Oxford University Press, Delhi
3. Mahan, L.K., Arlin, M.T., (1992): Krause's food, Nutrition and Diet Therapy, 8<sup>Th</sup> Ed. W.B. Saunders Company, London.
4. Robinson, C.H., Lawler, M.R., Chenoweth, W.L. and Garwich, A.E. (1986): Normal and Therapeutic Nutrition, 17th Ed., Macmillan Publishing Co.
5. Williams, S.R. (1989): Nutrition and Diet Therapy, 6th Ed. Times Mirror/Mosby College Publishing, St. Louis.
6. Raheena, Begum (1989): A textbook of foods, nutrition and dietetics. Sterling Publishers, New Delhi.
7. Joshi, S.A.(1992): Nutrition and Dietetics, Tata Mcgraw Hill Publications, New

Delhi.

**Paper - V**  
**HSB505: FASHION DESIGNING**  
**(Credit 3)**

**Pattern Making** : Techniques, flat pattern, principles and application of flat pattern for different styles, Developing paper pattern, Pattern envelop, Guide sheet and understanding the commercial paper pattern, Introduction to draping & draping of bodice block or dress form, Dart-manipulation

**Fitting** : Factors affecting good fit, problems and remedies.

**Figure Drawing** : Principles of figure drawing & sketching of body features, block figure, Drawing the form with different angles, Front, side, back.

**Drafting and stitching** : Salvar, kurta, blouse, petticoat, night suit (any three).

**Study of Fashion** : Terminology, concept, fashion cycle, fashion forecasting, Component of fashion; Silhouette, details, colour, fabric texture, seams, trims, Portfolio development.

**Industrial Machine** : Detailed study of Industrial machine & equipment's used for Cutting, Sewing, Finishing, Embellishment.

**PRACTICAL**  
**HSB 508 : FASHION DESIGNING**  
**(Credit 2)**

1. Preparation of bodice block.
2. Preparation of patterns by draping.
3. Preparation of patterns by flat pattern.
4. Dart manipulation.
5. Preparation of block figures.
6. Sketching of fashion figures with different angles.
7. Sketching of fashion figure & designing of garments using fashion components.
8. Portfolio development.
9. Study of industrial machine and equipments related to sewing, cutting and finishing.
10. Preparation of two designer garments.

**REFERENCES :--**

1. Armstrong, Helen Joseph : Pattern making for Fashion Design, Harper Collins Publishers, New York.
2. Bane A. : Flat Pattern Design, Mcgraw Hill.
3. Goldsworthy, M. : Simple Dress-making, London, Mills & Boon Ltd.
4. Allen, Anne & Seaman, Jullian : Fashion Drawing : Basic Principles, B.T. Batsford, London.

## SEMESTER - VI

### Paper - I

#### **HSB601: ADVANCED HOME SCIENCE EXTENSION AND COMMUNICATION (Credit 3)**

**Adult Education (A.E.):** Formal, Non-formal & Informal system of education, Concept, background, meaning & definition of A.E., aim, objectives and goals of A.E., Role of Adult education in National Development, History of adult education in Post-Independent India; Gram Shikshan Mohim, Farmer's functional literacy project, Non-formal education for youth (NAEY), National adult education programme (NAEP), State adult education programme (SAEP), Adult education through voluntary agencies, National Literacy Mission (Achievement & Problems), Literacy scenario of nation, state, district & local areas. Choice of language for literacy, dialects Vs standard.

**Community participation in A.E.:** Training for Development, Concept, meaning & types of training; Institutional, Interactive, Participatory, Various Training Approaches; Creativity Training, Field Training, Group dynamics, Laboratory Training, Motivation Training, Self-awareness & self development, Techniques of Training including RRA, PRA.

**Genesis & growth of Folk and Electronic media in India :** Types of folk media, folk music & dances, street theatre & its educational value, role of puppetry & different types of puppets, importance of folk media in development context & criteria for selection of folk media. Concept, meaning & role of electronic media, various forms of electronic media (broadcast media, T.V., film media), their development in India, Types of programmes, their use in extension work, feedback mechanism for all types of electronic media.

**Advertisement and Visual Publicity :** Meaning, importance and role of visual communication and print media, type of printing (Design and layout), press and public relation, law related to press, agencies governing regulation and ensuring freedom of press, concept and meaning of graphic art, editorials, principles of editing. Advertising as a mass communication process, Need for advertising communication, economic & social effect of advertising, Types of advertising media; print media, broadcast media, outdoor advertisement (hoardings, posters, bill board, bulletin board, electronic signs, litterbins, aerial methods, wall magazines), transportation media (mobile vehicles), exhibitions & trade fairs, non-media advertising, Techniques of Advertising; choosing content, layout & design, media planning, Ethics in Advertising, Programme Planning, Meaning, need & principles of project planning, Abilities needed by planner, Steps in programme planning, Criteria for good programme planning, Execution, monitoring & evaluation of extension programme.

**Project Planning & Management:** Meaning & concept of project, Components of project management system, Steps for designing the project, Proposal writing, Cost estimation & financial management, Fund raising.

**PRACTICAL**  
**HSB606: ADVANCED HOME SCIENCE EXTENSION AND COMMUNICATION**  
**(Credit 2)**

1. Plan a programme keeping in mind the steps of Programme Planning.
2. Proposal writing
3. Organizing a Fair/Mela/Exhibition.
4. Excursion Tour.

**REFERENCES :--**

1. McGivney, Veronica & Murray, Frances : Adult Education in Development - Methods & Approaches for Changing Societies, 19 B, De Mant Fort Street
2. Leicester LE, U.K. National Institute of Adult & Continuing Education.
3. Lynton Rolf P. & Pareek Uday, Training for Development Homewood, Iwrois, Dorsey Press.
4. Jain R, Mass Media & Rural Development, Vol. II, New Delhi, Mank Publication Pvt. Ltd.

**Paper - II**  
**HSB602: DIET THERAPY II**  
**(Credit 3)**

**Diabetes Mellitus** : Classification, symptoms, diagnosis, insulin therapy, oral hypoglycaemic agents, Glucose monitoring at home. Dietary care and nutritional therapy, meal plan (with and without insulin). Special dietetic foods, Sweeteners and sugar substitutes. Diabetes in pregnancy, elderly, surgery, illness, diabetic coma, Insulin reaction, Juvenile Diabetes, patient education, hypoglycaemia.

**Diseases of the cardiovascular system;** Atherosclerosis: Etiology and risk factors, Hyperlipidaemia; Etiology, prevalence, nutritional management and prevention. **Diet in kidney diseases;** Classification, etiology, characteristic symptoms and dietary management in: Glomerulonephritis; Acute and chronic Nephrotic syndrome, Use of sodium and potassium exchange lists.

**Allergies** : Definition, symptoms, diagnosis and dietary management. Food selection. Food allergy in infancy.

**Cancer** : Nutritional and non-nutritional etiological factors,

**Surgery, trauma and burns** : Physiological changes in relation to trauma. Assessment of the nutritional status in surgical and burn patients. Pre-operative and post-operative nutritional care. Nutritional care in trauma. Nutritional management of burn patients.

**Inborn errors of metabolism** : Thyroid and parathyroid glands. Gout. Interactions between drugs.

**REFERENCES :-:**

1. Anderson, L., Dibble, M.V., Turkki, P.R., Mitchall, H.S., and Rynbergin, H.J. (1982): Nutrition in Health and Disease, 17th Ed., J.B. Lippincot & Co. Philadelphia.
2. Antia, F.P. (1973): Clinical Dietetics and Nutrition, Second Edition, Oxford University Press, Delhi
3. Mahan, L.K., Arlin, M.T., (1992): Krause's food, Nutrition and Diet Therapy, 8Th Ed. W.B. Saunders Company, London.
4. Robinson, C.H., Lawler, M.R., Chenoweth, W.L. and Garwich, A.E. (1986): Normal and Therapeutic Nutrition, 17th Ed., Macmillan Publishing Co.
5. Williams, S.R. (1989): Nutrition and Diet Therapy, 6th Ed. Times Mirror/Mosby College Publishing, St. Louis.
6. Raheena, Begum (1989): A textbook of foods, nutrition and dietetics. Sterling Publishers, New Delhi.
7. Joshi, S.A.(1992): Nutrition and Dietetics, Tata Mcgraw Hill Publications, New Delhi.

**PRACTICAL**  
**HSB607: DIET THERAPY II**  
**(Credit 2)**

1. Review of existing practices in hospitals. Oral supplements indigenous/home based and commercial for stressed patients - burns, surgery, cancer, debilitated patients. Management of patients with feeding problems. Tube feeds - all forms, elemental and parenteral.
2. Planning and preparation of diets. Without Insulin, with insulin, adult and juvenile, diabetes in pregnancy, diabetes and illness.
3. Diseases of Cardiovascular system.
4. Formulation of low cholesterol and low sodium recipes, planning and preparation of diets for hypertension, CHD, congestive heart failure during acute, chronic and convalescent conditions.
5. Protein and mineral modification for patients with renal disease.
6. Planning and preparation of diet for glomerulonephritis - acute and chronic, nephritic dialysis.
7. Elimination diets for allergy.
8. Low purine diet.
9. Overweight and obesity, underweight, fevers, ulcers, diarrhoeas.

**Paper - III**  
**HSB603: ADVANCED HUMAN DEVELOPMENT**  
**(Credit 3)**

**Family and Child Welfare :** Family in India (concept, family composition & structure, changing pattern of family, causes & effects of family disharmony, Implications of family changes). Marital discord, Children's right & National Policy for children, Demographic Profile of child in India. Family & child welfare services working at National & International level (CSWB, ICCW, ICDS, NIFCCD & others, WHO, UNICEF, CARE). Concept, meaning and coping strategies for violence against women, youth, disabled & others, types of violence. Marriage & Family dynamics, Physiological, social, psychological, financial readiness for marriage, Preparation for Marriage; Selecting a suitable partner, Premarital counselling. Technological advancement and family.

**Legal Aspects :** Laws regarding marriage (Hindu Marriage Act, Muslim Marriage Act, Christian Marriage Act, Special Marriage Act), Divorce, Adoption, Inheritance Dowry, Contemporary issues in family life, dual career families, non-traditional families, influence of extra familial factors-films, TV, peer group, neighbourhood & school on development of children.

**Family and Education :** Meaning, Need, Importance & objective of Population Family life education, determination of sex, techniques, fertilization techniques (Amniocentesis, sonography, Gift, IVF & A.I. Pregnancy & its management)., Need & concept of family planning, contraceptive technology, Planned parenthood-spacing between children, size of family.

**Parent Education :** Meaning, Need, Importance and objectives of parent education

**Child with Special Needs :** Definitions, Terminology, History of studying disability in India and abroad. Issues in Classification & labelling, Mainstreaming. Education and Rehabilitation facilities. Government & Non-Government efforts (Schemes for Physically & Mentally Challenged people). Different Types of disabilities, their definition, classification, statistics, genetic & environmental, causes, prevention, Rehabilitation facilities. Mental Retardation. Sensory Deficits (Auditory Impairment. Visual Impairment), Learning difficulty & disability, Cerebral Palsy & orthopaedic disability, Communication disorders, Behavioural disorders.

**Family Support Services :** Meaning, Nature & Scope of Family Support Services, Support Services for children (crèches, day care centres, kishore sadan, observation home & Juvenile Jails). Support Services for Women: Mahila Ashram, Nari Niketan, Govt, Praveshalaya & Shriahalya, Vidhwa Ashrams, Women Study Centres. Support Services for elderly ;Old age homes, day care for aged, Support Services for family; Family courts, family guidance centres.



**PRACTICAL**  
**HSB608 : ADVANCED HUMAN DEVELOPMENT**  
**(Credit 2)**

1. Visit to various institutions related to special need children.
  - अन्धविद्यालय
  - Deaf and Dumb school
  - Deva Centre
2. Study of marital adjustment in couples of different times span of marriage
  - After 5 years of marriage.
  - After 20 years of marriage.
  - After 35 years of marriage.
3. Study of family relationship in different types of families.
  - Nuclear family
  - Joint family
  - Extended family
  - Working and non-working women
  - Single parent family

**REFERENCES :--**

1. Gangrae K.D. (1971), Community Organization in India, Popular Prakashan, New Delhi.
2. State of World Children, UNICEF, Annual Publication.
3. Parakesh B.S. (1985), Population Education - Inception to Institutionalization, NCERT, New Delhi.
4. Bernard H.W. & Fullner D.W., Principles of Guidance, Bombay, Allied Publishers.
5. Verma Hildebrand (1985) Guiding Young Children, New York, MacMillan Publishing Company.
6. Hallan D.P. & Kauffman T.M. (1991), Introduction to Exceptional Children (5th Ed.), Boston, Allyn & Bacon.

**Paper - IV**  
**HSB604: CONSUMER AND BUSINESS LEGISLATION**  
**(Credit 3)**

**Consumer Protection** : Consumer rights, Problems of Indian consumers, Legislation protecting interest of consumers, measures to promote consumerism, Consumer Protection Act, 1986; objectives, Scope, authorities-councils.

**Essential Commodities Act, 1955** : Introduction, Essential commodities, Powers of Central Government, Seizure and Confiscation, Sale of seized commodities, Penalty provisions in case of contravention.

**Contract Act, 1872** : Definition, Essentials of a valid contract, kinds of contract, Offer and acceptance, Consideration-concept to consideration, Capacities of parties and contract by a minor.

**Sale of Goods Act, 1930** : Sales and agreement to sale, Essentials of contract of sale, Subject matters, Conditions and warranties, implies conditions, Shipping documents, Rights of Unpaid seller.

**Local Government** : Characteristics, Importance and advantages, Problems before local government, Powers, authority and responsibilities of Panchayats, Election to Panchayats, Constitution of Municipalities; Powers, authorities and responsibility of Municipalities.

**REFERENCES :-**

1. Meena, Malik and Junja: Business Environment, Kalyani Publishers.
2. Sharma, Sadana : Public Administration, Kitab Mahal.
3. Upadhyay, Sharma & Dayal : Business Environment, Ramesh Book Depo.
4. Tulsain, P.C.: Business Law, Tata McGraw Hill.
5. Bose Chandra, D: Business Law, PHI Learning Pvt Ltd.
6. Kapoor. N.D. : Elements of Mercantile Law, Sultan Chand & Sons.

**Paper - V**  
**HSB605: STATISTICS AND RESEARCH METHODS (Elective)**  
**(Credit 4)**

**Elementary Statistics :** Nature of Investigation, Scope, Objectives. Sources of data, Study tools and Techniques of Research, Frequency distributions, Mean, Mode, Median, Probability, Standard deviation, Graphs., Research and Documentation, Different types of research and their application, Types of data (Primary and Secondary), Methods of data collection, Classification and Organization of data, Editing and Coding the data, Representation of data; Diagrammatic and Graphical representation, Techniques of construction of diagrams and graphs, Techniques of Research Writing.

**REFERENCES :-**

1. Bhandarkar, P.L. and Willanson T.S. (2000). Methodology and Techniques of Social Research, Himalaya Publishing House, Mumbai.
2. Bhatnagar, G.L. (1990). Research Methods and Measurements in Behavioural and Social Sciences, Agri. Cole Publishing Academy, New Delhi.
3. Strass, A. and Corbin, H. (1990). Basics of Qualitative Research: Grounded Theory Procedures and Techniques, Sage Publications, California.
4. शिक्षा एवम मनोविज्ञान मे सांख्यिकी : गेरेटहेनरीई