

RASHTRASANT TUKDOJI MAHARAJ
NAGPUR UNIVERSITY, NAGPUR.

FACULTY OF SOCIAL SCIENCE

M.A. HOME ECONOMICS

CBCS Syllabus

Choice Based Credit System

2017-2018

Rashtrasant Tukdoji Maharaj Nagpur University.

Nagpur

Revised Syllabus of M.A. HOME-ECONOMICS.

Choice Based Credit System

Submitted

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Nagpur

Revised Syllabus of M.A. HOME-ECONOMICS.

M. A. Semester I & II (Choice Based Credit System)

Effective from June 2017 onwards

Curriculum Structure & Scheme of Evaluation

M. A. Home Economics

Semester III

(Core Course)

Paper – I

Food and Nutrition

Subject Code - 3T1

Total Marks: 100

Theory: 80

Sessional: 20

Objectives : To enable students to –

- 1) To understand role of diet in management of various diseases, to plan, calculate and prepare diets for these diseases.
- 2) To understand causes & consequences of nutritional problems in society.
- 3) To understand the relationship between nutritional status and Health of women.
- 4) To understand Food Chemistry.

Unit I:

- a) Review of nutrients- Proteins, Carbohydrates, fats, Vitamins A,D,E,K,C,B1,B2,B3, B6,B12, Folic acid, Minerals- Calcium, Phosphorus, Iron, Iodine.
- a) Digestive System: Review of structures, digestive and absorptive functions, Role of liver, pancreas and gall bladder. Digestion, absorption and metabolism of all nutrients.
- b) Diet Therapy: Causes, Symptoms and Principle of Dietary Management of
 - Peptic Ulcer
 - Atherosclerosis
 - Diabetes
 - Obesity.

Unit II:

- a) Community Nutrition
Population and food production, Current Nutritional problems in India and their Causes.
Nutrition Education- Objectives, Importance, Methods of Nutrition Education.
- b) Nutrition and Infection: Vicious Cycle of Malnutrition and infection,
Mechanism of immune response to infection,
Malnutrition and mental health.
- c) Existing programmes to combat malnutrition in India – ICDS, SNP, ANP,
Vitamin A Prophylaxis programme, Prophylaxis against nutritional
Anemia, Control of Iodine Deficiency Disorder.
National agencies – ICMR, ICAR, CFTRI and NIN.
International agencies – FAO, WHO, UNICEF and CARE.

Unit III:

- a) Assessment of Nutritional Status
Anthropometry, Diet Survey, Clinical Assessment ,Radiological & biophysical
Assessment
Vital Statistics, Ecological Factors.
- b) Women and Nutrition
Situation of women in Global, National and Local context, Improving their
Nutritional & Health status, Health problems of women.
Intervention throughout the life cycle, Empowerment of women, Role of
education.
- c) Various National Schemes- Janani Suraksha yojana, Kishori Swastha yojana.
Prajanan & Balaarogya karyakram

Unit IV:

- a) Toxins : Aflatoxins, BOAA, in Khesari Dal, Ergot Poisoning and Radioactive
materials.
- b) New Food : Natural foods or uncommon foods structure, composition, uses in
Cookery e.g. Bamboo rice, Oil Cake, Tapioca, Blue Green Algae, Leaf Protein
concentrates.
- c) Space Food –Structure, Composition and Use

Sessional:

20 Marks

- 1. Seminar / Assignment on related topics.**
- 2. Preparing charts on curriculum related topics.**

References:

1. NIN Publications
2. Human Nutrition and Dietetics, Davidson and Passmore.
3. Normal and Therapeutic Nutrition Proud fit and Robinson.
4. Applied Nutrition, R. Raj Laxmi.
5. Essentials of food and Nutrition (Vol. I & II) by M. Swaminathan
6. Text Book on Human nutrition, M.S. Bamji, N. Prahalad Rao, V. Reddy Oxford & IBM publishing Co. Pvt. Ltd. New Delhi & Calcutta
7. Dietetics, B. Srilakshmi (2000) Published by K.K. Gupta for Newage International Pvt. Ltd. New Delhi.
8. Clinical Nutrition and Dietctics, F.P. Antia Philip Abraham Oxford publishing Company.
9. Experimental Cookery, Belle Lowe.
10. Food Science, B. Srilakshmi, New Age International (P) Ltd., Publishers
11. Food Chemistry : A.H. Mayer.
12. Preventive and Social medicine, K. Park.
13. Women and Nutrition in India (1989) Gopalan C. and Kaur, S. Nutrition Foundation of India.
14. Nutritional Problems of India. Prentice Hall of India (1982) P.K. Shukla

M.A. Home Economics

Semester III

Core Elective Course I

Paper – III

Elective (1a)

Home Science Extension Education

Subject Code - 3T3

Total Mark: 100

Theory: 80

Sessional: 20

Objectives : To enable students to –

7. To enable students understand the methods of teaching Home-Science.
8. To acquaint the students about the role of extension – education in community development.
9. To create awareness about the role of NGO's in community development.
10. To create an awareness about the importance of public relations.
11. To develop faith in the capacity of the people to take responsibility for their own development.

Unit I

- a) Definition, Philosophy and objectives of Home Science. Career opportunities in various branches of Home Science, Early development of Home Science programme.
- b) Methods of teaching Home Science. Importance of Methods.
- c) Selecting the methods and making the method effective. Role of Home Science

in helping to solve the problems of the community. Contribution of Home Science Extension Worker in programmes for better living. Characteristics of Extension Education, Extension Education Process.

Unit – II

- a) Definition, scope, philosophy and objectives of Extension Education. Methods of teaching Extension Education, classification of the methods.
- b) Role of the extension worker in community development. Role, function and contribution of Gram Sevika, Mahila Mandals, Youth Clubs.
- c) NGOs -Meaning, Nature, Functions. Some NGOs at State Level and other local agencies in Extension Education.

Unit III

- a) Contribution of U.N. Agencies towards Extension work.-UNESCO, UNICEF.
- b) UNDP, ESOSOC
- c) Rashtriya Mahila Aayog, U.N. Resolution 1325

Unit IV Communication

- a) Importance of communication in Extension work.
Functions of communication- Information function, Instructive/command function
Influence/persuasive function, integrated function.
- b) Models of Communication – Aristotal's Model, Shammon Weave's Model,
JP Leagons's Model
- c) Characteristics of a good Communicator
Problems related to Communication.

Sessional:

20 Marks

- 1. Field work/survey, report writing
- 2. Assignment on curriculum related topics.

15 Marks

05 Marks

References:

Dr. S.V. Supe. – An introduction to Extension – Education.

Reddy A. (1997) – Extension Education, Sri Lakshmi Press. Bapatla.

Education and communication for Development-.O.P. Dahama and D.P. Bhatnagar.

Dr. Shail Bansal – Prasar Shiksha. (Hindi)

Dr. Smt. Manju Patni- Gruah Vidnayn Prasar Shiksha (Hindi)

M.A. Home Economics

Semester III

Core Elective Course I

Paper –III

Elective (1b)

Housing and Interior

Subject Code - 3T3

Total Marks: 100

Theory : 80

Sessional: 20

Objectives: To enable students to –

To enable students –

1. To recognize the family needs in relation to housing responsibilities, housing and interiors.
2. To acquire basic knowledge of principles involved in residential houses and its interiors.
3. To provide knowledge of the principles and methods of creating attractive interiors.

Unit – I

a) History of housing –

Concept and history of housing.

Changes in housing needs and standard.

Housing values and goals at the present time.

b) Housing in India as affected by trends in Population and economics status.

Occupation and family mobility.

Social and cultural status.

c) Cost of house and finance for housing

Factors influencing cost of house.

Estimation of the cost of housing.

Ways to control and economizing the cost of housing.

Unit –II

a) Housing Schemes

Public rural and urban housing schemes for various economic groups.

Role of Co-operative Societies in development of housing in urban and rural areas.

Role of private sector in development of housing in urban and rural areas.

b) Factors to be considered while designing interior spaces.

Orientation, grouping of rooms, privacy of rooms.

Circulation between and within user's area, light, ventilation, and aesthetics.

Flexibility, roominess, services, cost.

c) Present housing conditions in India.

Quality and quantity of housing available.

Availability of building material.

Housing management problems.

Unit –III

a) Housing Loans.

Loan providing agencies- Government and Private.

Legal procedure for purchase of house.

Factors affecting disbursement of housing loan.

b) Housing legislations and Building Byelaws

Meaning, definition, and importance of housing legislations and building byelaws.

Housing legislations.

Building Codes/ Byelaws.

c) Essential Services

Importance and need of essential services.

Types of services- Water supply, drainage system, electricity, telephone.

Bye-laws related to the essential services.

Unit –IV

a) Concept of Vastushastra in Housing

Historical background of Vastushastra.

Location of rooms and walls.

Placement of doors and accessories.

b) Landscaping :-

Concept and importance of landscaping.

Approaching landscape design with an artistic touch – space, line, form, texture, colour, balance, rhythm, scale and proportion.

Factors associated with the choice of landscape design.

c) Bonsai :-

History.

Preparation of Soil and Selection of Plants.

Selection of Containers, Potting and Repotting, Care Of Bonsai.

Sessional:

20 Marks

1. Seminar/Assignments based on curriculum
2. Project work, survey based on subject curriculum and Report writing .

References:

1. Ruth Morran, 'The Home and Its Furnishings.
 2. Shrivastav – 'Remedial Vastushastra, Manoj Publications, Delhi, 2001.
 3. Wonderworld of Tropical – Bonsai - Jyoti & Nikunj Parekh
 4. The complete practical encyclopedia of Bonsai - Ken Norman.
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M. A. Home Economics
Semester III
Core Course (Optional)
Paper – IV
Consumer and The Market
Subject Code - 3T4

Total Marks:	100
Theory:	80
Sessional:	20

Objectives : To enable students to -

- 1) To Understand basic concept of consumer economics.
- 2) Become familiar with the economic system and the market processes.
- 3) Understand the role and responsibilities of consumers in the market.
- 4) Know the techniques and principle in wise decision – making as a consumer.

Unit – I

- a) **Introduction of the subject and Basic Economics Concept.**

The Scope and subject matter of consumer economics, special branch of economics, Different branches of economics .

- b) Types of economic systems. 1. Capitalist 2. Socialistic 3. Mixed economy, its characteristics & effect on consumer.
- c) Basic economics, concepts of goods and services, its classification.

Unit -II

- a) Consumption and laws of consumption, Utility-Types of utility.
- b) Meaning of consumption, Nature of wants, classification of human wants and standard of living- socio - economic status.

- c) Law of diminishing marginal utility, Marginal and Total Utility, utility and price of the commodity, consumer's equilibrium – scale of preference, Indifference curve.

Unit - III

- a) Consumer's Demand, demand and types of elasticity of Demand.
b) Determinants of Elasticity of Demand. Factors affecting Demand.
c) Characteristics of a good budget planning, A budget for family with fixed income and seasonal income.

Unit – IV

- a) Consumer Buyer Decision Process, Types and Motivating factors of purchase decision, social effects of consumer's decisions. Types of purchasing practices of consumers and their merits and demerits.
b) Price and price level, Role of price, factors affecting price, demand and supply. Price determination under perfect competition and monopoly, Characteristics of Monopoly.
c) Factors affecting price level and effect of price level and fluctuations on consumers and society.

Sessional:

20 Marks

- i) Survey and report writing on (Sample size 20) **15 Marks**
 • Motivating factors of purchase decisions
 OR
 • Types of purchasing Practices
ii) Assignment on curriculum related topics. **05 Marks**

Reference Books:

- 1) Consumer Economics – Principles and Problems – Wilhelms and Heamer.
- 2) The Family as Consumers – Oppenheim
- 3) Economics for Consumers – L.J. Gordon

M.A. Home Economics
Semester IV
Core Course II (Optional)
Paper –IV
Consumer and The Market
Subject code - 4T4

Total Marks: 100

Theory: 80

Sessional: 20

Objectives :- 1. To understand consumer protection tools.

2. Consumer protection acts.
3. To know channels of distribution.
4. Advertising and salesman ship.

Unit - I

- a) Consumer Protection: Right and responsibilities of consumers, Needs for protection of consumer, Guarantee regarding weights measure and quantity of goods.
- b) Remedies – Standardization, development of quality control and BIS, Agmark, Informative labeling, Types and function of labels.
- c) Consumer Education and knowledge regarding Consumer Laws. Need for Consumer's education, Consumer education and consumer forums.

Unit –II

- a) Consumer Protection Acts - Food Adulteration Act, 1954
Essential Commodity Act, - 1955
Standard Weight and Measures Act, 1956
Consumer Protection Act, 1986
Right to Information Act, 2005
- b) Consumer Organization and Co-operation :-
Consumer Organization and their objectives and functions. Progress and scope of consumer's movement in India and Abroad – England, America and Europe.
Role of women in consumer movement.
- c) Consumer Co-operatives in India, Advantage and disadvantages of consumer co-operatives.

Unit –III

- a) Market – Meaning and types of market, Organization, functions and control of market, channels of distribution – Retail shop, wholesale marketing, Departmental stores, Co-operative stores, shopping Malls, Role and utility of middleman in the market.
- b) Packing and delivery, Return facility, Facility for inspection and selection
Guarantee, use of phone and internet in purchasing.
- c) Methods of payment, Cash, Credit, Credit Card and Debit Card, Hire purchase and installment payments.

Unit –IV

- a) Advertising and Salesmanship - Meaning and objectives of Advertisement, Modes of Advertisement.
- b) Responsibility of women as consumer. Deteriorating image of women in advertisement.
- c) Need for control over advertising –By Government, Traders, Associations and Consumers.

Sessional:

20 Marks

- ii) Survey and report writing on (Sample size 20) **15 Marks**
 - Awareness about consumer protection ActsOR
 - Methods of payment.

- ii) Assignment on curriculum related topics. **05 Marks**

Reference Books:

- 1) Consumer Economics – Principles and Problems – Wilhelms and Heamer.
- 2) The Family as Consumers – Oppenheim
- 3) Economics for Consumers – L.J. Gordon
- 4) Consumer Economics J.N. Morgon
- 5) Consumer Economics Problems – E.B. Phil
- 6) Consumer Problems and Personal Finance – A.W. Troelstrup.

M. A. Home Economics

Semester IV

Paper – I

(Core Course)

Food and Nutrition

Subject Code - 4T1

Total Mark: 100

Theory : 80

Sessional: 20

Objectives : To enable students to –

- 1) To understand food Chemistry.
- 2) To know the principles underlying food preparation.

Unit I:

a) Food Microbiology –

Study of Bacteria, Yeast, Mould, Algae,
Microbiology of Fruits, Vegetables, Milk and Water.

b) Leavening agents – Chemical & Biological.

Preservatives- Natural, Chemical.
Antioxidants.

c) Food sanitation and Hygiene

Water –Sources of contamination of water, Treatment of Water.
Food – Food handling, Food contamination. Practical rules of Food sanitation,
Control of rodents and Insects

Unit II:

- a) Methods of cooking-** Preliminary preparation methods with their Advantages and disadvantages. Objectives of cooking, Various cooking methods, their advantages

and disadvantages, Effect of cooking on nutrients especially - Protein, Fats and Carbohydrates.

Experimental Cookery

- b) Sugar Cookery – Processing of sugar, Properties of Sugar, Factors affecting Crystallization of Sugar, Solutions, Syrups, Sugar Crystals, Fudge and Fondants.

- c) Cereal Cookery – Structure, Composition and Nutrition value
Specific cereals- wheat & wheat product, Rice, Maize, Jowar, Ragi & Bajra.

Cereal cookery- Cereal Protein- Gluten, factors affecting Gluten formation.

Cereal starch- Effect of moist heat- Gelatinization, factors affecting

Gelatinization. Effect of dry heat – Dextrinization, Fermented Products of cereals.

Effect of cooking on nutritive value of cereals and Role of cereals in cookery.

Unit III:

- a) Pulse Cookery – Structure, Composition and nutritive value.

Processing of pulses-mealing, soaking, germination, Fermentation, parching of Pulses, Effect of cooking methods on different forms of pulses, and role of pulses in cookery, Toxic constituents.

- a) Egg Cookery - Structure, composition, nutritive value and quality of egg. Effect of different cooking methods on eggs. Evaluation of egg quality, deterioration during storage, Preservation of eggs.

- b) Milk & Milk products- composition, nutritive value, effect of cooking methods on milk, Milk processing – clarification & pasteurization, Milk products, Role of milk and milk products in cookery.

Unit IV:

- a) Vegetable cookery – Classification, composition, pigments and nutritive value, Flavor compounds, changes during cooking- loss of nutrients during cooking, Storage of vegetable, Role of vegetables in cookery. Effect of different cooking methods on vegetables.

- b) Fruit cookery – Classification, composition, nutritive value, pigments, enzymes, organic acids, flavonoids, Post Harvest changes & storage, Effect of cooking on fruits, medicinal value of fruits.

- c) Fats and Oils -Nutritional importance, composition, emulsions, smoking point, rancidity,
processing and refining of fats, specific fats- Lard, butter, margarine.
Role of fats in cookery.

Sessional:

20 Marks

Assignment and Seminar on curriculum related topics.

References:

1. NIN Publications
2. Human Nutrition and Dietetics, Davidson and Passmore.
3. Normal and Therapeutic Nutrition Proud fit and Robinson.
4. Applied Nutrition, R. Raj Laxmi.
5. Essentials of food and Nutrition (Vol. I & II) by M. Swaminathan
6. Text Book on Human nutrition, M.S. Bamji, N. Prahalad Rao, V. Reddy Oxford & IBM publishing Co. Pvt. Ltd. New Delhi & Calcutta
7. Dietetics, B. Srilakshmi (2000) Published by K.K. Gupta for New age International Pvt. Ltd. New Delhi.
8. Clinical Nutrition and Dietetics, F.P. Antia Philip Abraham Oxford publishing Company.
9. Experimental Cookery, Belle Lowe.
10. Food Science, B. Srilakshmi, New Age International (P) Ltd., Publishers
11. Food Chemistry: A.H. Mayer.
12. Preventive and Social medicine, K. Park.
13. Women and Nutrition in India (1989) Gopalan C. and Kaur, S. Nutrition Foundation of India.
14. Nutritional Problems of India. Prentice Hall of India (1982) P.K. Shukla.
15. Aaharshastra vividh drushtikonatun (1982) Dr. Asha Deoskar and Saral Lele

M.A. Home Economics
Semester IV
Core Elective Course I
Paper – III
Optional Elective (1a)
Home Science Extension Education
Subject Code - 4T3

Total Marks: 100

Theory: 80

Sessional: 20

Objectives:-

1. To understand the various programmes, favoring the wellbeing of the community.
2. To understand the relevance and importance of educating the Community at large.
3. To create awareness about problems due to over population.
4. To understand the role of "leaders" in community development.

Unit I: Adult Education:

- a) Adult learning process, difference between child learning and adult learning.
Stimulus –response theory of adult learning. Factors affecting adult motivation.
Requisite conditions for adult learning.
- b) Adult Education- back ground and meaning
Defining adult education and aims of adult education.
- c) Adult education and National Development
Adult Education Programmes in India.

Unit II : Welfare Programmes for Rural Women in India

- a) Development of women and children in Rural areas (DWCRA)
Objectives' and Administrative structure of DWCRA
Training for DWCRA, integration of DWCRA with other departments.
- b) ICDS- Objectives , Programmes.

- c) Some other Specific Welfare Programmes for Rural Women.
TRYSEM ,
Jawahar Rojgar Yogna
Self help Programmes.
Rajiv Gandhi Scheme for Empowerment of Adolescent Girls.

Unit III: Population Education

- a) Definition, Importance and need of Population Education, Objectives- National objectives, objectives of Population Education at School Level. Causes and effect of population growth.
- b) Scope of Family planning services, health aspect of family planning.
- c) National Family Welfare Programmes, Family Planning Programme.
Hindrances in Implementation of Family Planning Programme.

Unit IV: Leadership in Extension

- a) Definition of Leader, Definition of leadership, need and importance, Characteristics and types of leadership.
- b) Methods of identifying and selecting local leaders in extension work, Role and Qualities of local leaders. Role of leadership in Development.
- c) Leadership training.

20 Marks

Sessional:

15Marks

1. Field work/survey, report writing
2. Assignment on curriculum related topics.

05 Marks

References:-

1. C.L. Adivi Reddy – Extension – Education
2. Robin Shaw Pushp – Prasar Shiksha. (Hindi)
3. Dr. Harpalani – Prasar Shiksha (Hindi)