

FORMAT FOR DEVLOPING SYLLABUS FOR A SUBJECT Proposed Structure of Syllabus for the PROGRAM (M.A./MLSC) SUBJECT (HOME -SCIENCE)

		Syllabus Dev	eloped by	
SN	Name of expert/BoS Members	Designation	Department	College/University
1.	Dr. Valentina Priya	Convener	Home Science	Ramabai Government women PG College Akbarpur , Ambedkar Nagar
2.	Dr. Archna Chakravarti	External Expert	Home Science	BHU (Varnasi)
3.	Dr. Parvati Singh	External Expert	Home Science	Mahila Sewa PG College pragraj

Cour	se Code	Course Title	Credits	T/ P	Evaluati on	
Cour	30 0000	course Title			CIE	ET E
Α	A B C		D	E	F	G
	^	SEMESTER I (YEAR I)		9		
A130701T	Advance Human development		5	Т	25	75
A130702T	O2T CORE Human Development- Theories and Current trends		5	Т	25	75
A130703T	CORE Gender and Development		5	Т	25	75



	910	राग गानिर साविया अपन विस्वविद्यालय, अपनि	11 1			
A130704T	FIRST	Infant Stimulation Programs	5	Т	25	75
A130705T	ELECTIVE (Subject Elective) (Select any one)	Community Nutrition	5	Т	25	75
A130706T	Value added Course (Non Credited)	Food Science and Processing Techniques	0	Т	25	75
А130707Р	SECOND ELECTIVE	Practical Related to Core Papers	5	Р	50	50
A130708P	(Subject Elective) (Select any one)	Core papers related Assignment/Project work	5	Р	50	50
		SEMESTER II (YEAR I)				
A130801T	CORE	Early Childhood Care and Education	5	Т	25	75
A130802T	CORE	Statistics and computer Applications	5	Т	25	75
A130803T	CORE	Methods and Techniques of assessment in human Development	5	Т	25	75
A130804T	THIRD ELECTIVE	Women Studies	5	Т	25	75
A130805T	(Generic Elective) (Select any one)	Fabric ornamentation	5	Т	25	75
A130806T	Value added Course	Garbh Sanskar	0	Т	25	75



	(Non Credited)					
A130807P	FOURTH ELECTIVE	Practical Related to Core Papers	5	Р	50	50
A130808P	(Subject Elective) (Select any one)	Core papers related Assignment/Project work	5	P	50	50
		SEMESTER III (YEAR II)		18		
A130901T	CORE	Research Methodology	5	Т	25	75
A130902T	CORE	Extension and communication concepts in community Development	5	Т	25	75
A130903T	CORE	Gender in Extension and Development	5	Т	25	75
A130904T	FIFTH ELECTIVE	Guidance and counseling- Children with Special Needs	5	Т	25	75
A130905T	(Subject Elective) (Select any one)	Gerontology Adolescents & Youth	5	Т	25	75
A130906P	SIXTH	Summer Internship	5	Р	50	50
A130907P	ELECTIVE (Subject Elective) (Select any one)	Dietetics and therapeutic Nutrition	5	Р	50	50
		SEMESTER IV (YEAR II)				
A131001T	CORE	Community Nutrition	5	Т	25	75
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A131002T	CORE	Study of family in society parent and Community Education	5	Т	25	75
A131003T	SEVENTH ELECTIVE (Subject Elective)	Methods and materials for Early Childhood Care and Education/ Advances in Family Studies	5	Т	25	75
A131004T	(Select any one)	Textile Management	5	Т	25	75
A131005P	RESEARCH PROJECT/ DISSERTATION	Major Research Project/ Dissertation	10	Р	50	50

Semester I (Year I)

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Course Outlines

M.A./M.Sc. I Year (Semester I) Home science Paper I: Advance Human Development A130701T

Programme /class :M.A./M.Sc.		Year : I	Semeste	r: l	
	S	ubject- Home Scier	ıce		
Course Code:	A130701T	Course Title	– Advance Human D	evelopment	
C					
Course outcomes-	n adv	A			
special focus on	n advanced s	prenatal developm	n human developmer	it with	
To understand to	the need for	theory of Human D	evelopment		
			s regarding different		
developments of			s regarding different		
Credits- 5	Credits- 5 Course Type- Core Course				
	M	ax. Marks- 100(25+	75)		
	То	tal No. of Lecture-	60		
Unit		Topics		No. of	
		•		Lectures	
				Total =60	
1	Human Dev	velopment			
	Concept	t,			
	Principle	es,		8	
	Growth	and Development.			
	Pre- natal p	eriod and Birth-			
	Develop	ment, genetic and	environmental		
2 - B		affecting prenatal D			
		and birth.			
II	Infancy				
	 Physical 	and perceptual dev	elopment /	8	

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Cognitive, social and emotional development.	
Language development	
Early and Middle Childhood	
 Physical and motor development 	9
Cognitive development	
 Social and Emotional development, 	
Language development	
Adolescence	
Physical development	10
Cognitive development	
 Social and emotional development. 	
Problems during adolescent	
Adulthood	
 Physical, sensory and cognitive changes during adulthood, 	10
Social and emotional development	
Adjustment problems during adulthood	
Study of physical, motor, social, emotional,	
language, intellectual and moral development at different ages and writing interpretative report.	15
Seminar/ Presentation of any topic related to	
• Definitially Presentation of any tonic related to	
	 Language development Early and Middle Childhood Physical and motor development Cognitive development Social and Emotional development, Language development Cognitive development Cognitive development Social and emotional development. Problems during adolescent Adulthood Physical, sensory and cognitive changes during adulthood, Social and emotional development Adjustment problems during adulthood Study of physical, motor, social, emotional, language, intellectual and moral development

Suggested Readings-

- 1. Berk L.E., Child Development, Allyn ans Bacon, USA,2000
- Devadas R.P.C.& Jaya N.A.-Textbook on Child Development, McMillan India Ltd. Delhi, 1996





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- 3. Dehart G.B.&Sroufe. L alan. Child Development- its Nature and Course.
- 4. Papalia D.E.., Human Development, Tata McGraw Hills publishing Company 1997.
- 5. Stuart Clark-Life Span Development.
- 6. Santrok John W.- Child Development McGraw Hill.
- 7. Turner Jeffery.S.& Life Span Development, Harcourt Helms. Donald B.

Suggested Continuous Evaluation Methods-

- Test with multiple choice Questions/ short and long answer Questions
- Developmental assessment
- Seminar/Presentation

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Course Outlines

M.A./M.Sc. I Year (Semester I) Home science

s- M.A./M.Sc.	Year – I	Semester-I
Subie	ect- Home Science	
702T	Course Title : Human Develo	pment:
	Theories and Current Trends	
nd demonstrate th	ne basics of knowledge relating t	to human
nderstanding of va	arious theories of human develo	pment.
•	Course Type- Core Co	urse
Max. N	Marks- 100(25+75)	
Total I	No. of Lectures=60	
	Topics	No. of Lectures
,		Total =60
Early Theories		
I common		9
enlightenme	nt	
	innings, Normative period.	
Scientific Beg		
Scientific Beg Psychoanalytic	innings, Normative period.	9
 Scientific Beg Psychoanalytic Freud's Theoretic psychosocial 	innings, Normative period. al perspectives. ry, There parts of personality,	9
 Scientific Beg Psychoanalytic Freud's Theorem psychosocial Theory- Erik Beg 	innings, Normative period. al perspectives. ry, There parts of personality,	9
	Subjection of Max. Max. Max. Max. Max. Max. Max. Max.	Course Title: Human Develor Theories and Current Trends and demonstrate the basics of knowledge relating to the students with changes occurring during life span Course Type- Core Co Max. Marks- 100(25+75) Total No. of Lectures=60 Topics



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III	 Behaviorism and social learning theory Social Learning Theories- Albert Bandura Learning Theories-Pavlov and Skinner Contribution and limitations of behaviorism and social learning theories. 	9
IV	 Cognitive Development Theory- Jean Piaget Piaget's stages Contribution and limitations of Piagets and Theory Socio- Cultural Theory of Cognitive Development- Vygotsky 	9
V	 Kohlberg's Moral Judgment Theory Ecological Theory-Vrie Bronfenbrenner Recent Theoretical Perspectives of Human Development. 	9
Practical	 Group Discussions: Various Theories of Human Development and Crises Management Resource file- Collection of element articles, picture, tests about theories theorists, philosopher, thinkers, psychologist, educationists (related to Human Development). 	15

Suggested Readings-

- Child Development-L.E. Berk Basten- Allyn& Bacon, London.
- Child Development-E.B. Hurlock.
- Child Development & personality-P.H.Mussen, J.J. Conger & J.Kagan, A,C. Huston-Harper& Row Publications, New York.
- Child Development-An Introduction- J.W. Santrock & S.K. Yussen Iowa WMC, Brown Publishers.

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- Child Development: Infancy through Adolescence- A. Clarke Stewart & S.
 Friedaman, Johnwiley, New York
- Developmental & personality- E.B. Harlock.
- Human Development-F.P. Rice- prentice Hall, New Jersey.
- The Development of Children-M.Cole & S.Cole- Scientific American Books-Freeman& Co.

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Course Outlines

M.A./M.Sc. I Year (Semester I) Home Science

Gender & Development- A130703T Paper 3:

Programn	ne/class- M.A./M.Sc.	Year – I	Semester-I
	Subject-	Home Science	
Course Code -	-A130703T	Course Title – Gender & De	evelopment
Course outcor	nes:		, , , , , , , , , , , , , , , , , , ,
To underst empowerr		elevance and dimensions of a	gender
 To get sen 	sitized to gender dispariti	ies and problems of women.	
		nt levels for empowering wo	men.
Credits:5		Course Type- Core Co	ourse
	Max. Mari	ks- 100(25+75)	
5	Total No.	of Lectures-60	
Unit		Горісѕ	No. of
			Lectures
1	Condon and David		Total =60
· I	Gender and Develop		
	Concept of gender		9
		der differences in human	
	development. Gender theories		-
		and the second second	
	Basic Gender Disparent	arities found in society	
II	Gender identity,		
	Gender Awareness	s, gender focus, Gender	_
	stereotyping, Gen	der Role behavior, Gender	9
		discrimination, Gender	
	Mainstreaming, Ge	ender sensivity , Gender	
	Disparity.		





	 Gender Discrimination in families. (Throughout life cycle) 	
III	 Status of Women: Meaning, status of women, a situational analysis, demographic, education employment, political & health (general occupational & reproductive) changing scenario Gender equality in educational access, Impediments to female education, lacunae in health care system, population control, contraceptives & impact of women's health. 	9
IV	 Problems & issues related to gender issues: Child marriage, female feticide & infanticide, female mortality, discrimination in nutrition & health care, Dowry, divorce, domestic violence, sexual harassment, female exploitation, portrayal of women in mass media, efforts for elimination of all forms of discrimination & women's rights. 	9
V	Policies and Programmes for Women's Development: National Policy for Empowerment of Women, policy perspectives, mainstreaming, a gender perspective in the development process Economic empowerment Social empowerment Legal empowerment	9
Practical	 Study of women's status in a community Identification of women's problems in a 	-





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community	15
 Preparation of an album on women's issues. 	-2
 Visit to Women Welfare Organizations 	

Suggested Readings:

- Anthropological Exploration in Gender- Intersecting fields; Leela Dube, Sage Publications, New Delhi.
- Encyclopedia of Human Rights & Women Development- V. Kaushik & B.R.
 Sharma, Sarup & Sons,
- Female Exploitation & women's Emancipation- Latika Menon, Kanishka Publishers Destributors,
- Girl Child in India- Leelamma Devasia & V.V.Devasia, Ashish publishing House, New Delhi.
- Indian Social Problems- G.R. Madn, Allied Publishers, New Delhi, vol. 1&II.
- Sociology of Gender- The Challenge of Feminist Sociological Knowledge;
 Sarmila Rage, Sage Publications, new Delhi.
- The Changing Position of Indian Women- M.N. Srinivas, Oxford University Press, New delhi.
- Women, tradition & culture- M. Subbrmma; Steling Publishers Private Limited, new Delhi.
- Women Employment in India-B. Sahoo, Satanetra Publications, Bhubaneswar.
- Women and Development- Institute for Sustainable development- Laxmi Devi, Anmol Publishers.

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Course Outlines

M.A./M.Sc. I Year (Semester I) Home science

Infant Stimulation Programmes -A130704T

Programme/class- M.A./M.Sc.	Year : I	Semester: I
	Subject- Home Science	
Course Code : 130704T	Course Title: Programmes	Infant Stimulation

Course outcomes-

- To understand and demonstrate the basics of knowledge relating to infant stimulation programme.
- To provide an understanding of basic concept, characteristics of infant.

To fam	niliarize the students with changes occurring du	ring infancy.
	Credits-5 Co	urse Type- First Elective
	Max. Marks- 100(25+75)	A)
e	Total No. of Lectures=60	
Unit	Topics	No. of Lectures Total =60
1	Infancy	

Unit	Topics	No. of Lectures Total =60
ı	 Infancy Concept, characteristics, developmental task. Physical, social, emotional, cognitive and language development during infancy. Attachment theory 	9
II	Stimulation: Definition, Importance, early experiences and developmental consequences, Family and environmental stimulation.	9
. III	Child rearing practices: Importance of child rearing practices Role of environment in child rearing	9





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IV	 Infant stimulation concept: Infant stimulation (visual, auditory, tactile, vestibular olfactory, gustatory) Infant stimulation programmes 	9
V	 Infant stimulation programmes. Review of currently running infant stimulation programmes. 	9
Practical	 Visit to different day care, infant and toddler centers. Observation and recording of development and behavior in different ecological settings. Study of existing stimulation practices and materials in home and institutional settings (infant, toddler centers, day care centres). Preparation of stimulation material for physical, motor, cognitive, Language, behavior, social and emotional domains. Development of stimulation kit from indigenous low cost materials and evaluation. Implementation of prepared programme in different ecological settings. Modification of the basis of evaluation 	15

Suggested Readings-

- Child development, vii Edition Robert S. Feldman Pearson.
- Developmental Psychology: A life Span Approach Vth edition, Elizabeth B. Hurlock, Tata Mc. Graw- Hill Publishing Company Ltd. New Delhi.
- How to have smarter Baby: The infant Stimulation Program for enhancing your babys natural developmental mass market paper back- May 1, 1987
- Swaminathan (1998). The first five years: Acritical perspective on yearly childhood carry and education in India.

Post



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Course Outlines

M.A./M.Sc. II Year (Semester VI) Home Science

Paper 5: Community Nutrition A130705T

Programme/class- M.A./M.Sc. Year: II Semester: IV Subject- Home Science Course Code: A130705T **Course Title – Community Nutrition** Course outcomes: To be familiar with the common nutritional problems of the community. To get exposure of the schemes to combat malnutrition. To be aware of the health hazards related to food and water Credits:5 **Course Type- Core Course** Max. Marks- 100(25+75) Total No. of Lectures=60 Unit **Topics** No. of Lectures Total =60 ı Concepts of community nutrition. Nutritional problems of the community and its 7 implications for public health. Causes, incidence, Signs and symptoms and treatment of PEM, Vitamin A deficiency, Iron Deficiency, Iodine Deficiency, Fluorosis and Lathyrism. II Sociological factors contributing in the Etiology and Prevention of Malnutrition: 8 Food production and availability, cultural influences, socio- economic factors, food consumption and distribution, emergency disaster conditions.

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111	Assessment of Nutritional Status:	
	Meaning Need, Objectives and Techniques.	12
	Primary Methods:	
	 Anthropometric measurements: Weight, height, 	
	Skin Fold Thickness, head Circumference, MUAC,	
	Chest Circumference; use of Growth Chart; Bio-	
	chemical Assessment; Clinical Method; Dietary	
	Survey- Types.	
IV	Secondary Methods:	
	 Vital Statistics; Mortality rates- Crude death rate; 	9
	infant mortality rate; maternal mortality rate;	
	survival rate; morbidity rate; fertility rate.	
V	Malnutrition and infection:	
	 Interrelationship between the two, Immunization. 	9
Practical	Assessment of a community using Rapid	
	Assessment Procedure.	15
	 To undertake Dietary Survey by different Methods. 	
	Calculation of food and nutrient intake of a	
	particular class of people.	
	Determination of Hemoglobin Content in Human.	
	Anthropometric assessments.	
	Clinical Observations.	

Suggested Readings-

- Publications of the International Life Science Institute.
- Serimashow N and Glesson G(ed.) (1991). Rapid Assessment Methodologies for Planning and Evaluation, Health Related Programme published by (INFDC) International Nutrition Foundation for Developing Countries.
- Stryer L (1984). 4th ed. Bio- Chemistry WH Freeman and Co.
- UNICEF's State of the World's Children.
- WHO ((1999) Nutrition for Health and development Progress and prospects. On the eve of the 21st Century WHO INHD, 99.9 Geneva.

Suggested Continuous Evaluation Methods-

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

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Course Outlines

M.A./M.Sc. I Year (Semester I) Home Science

Paper 6: Food Science and Processing Techniques A130706T (Non-Credited)

					(itoli cicalica)
Programme/class- M.A./M.Sc.		Year : I		Semester: I	
	9	Subject- Hon	ne Science		
	Course Code –A130706	6T		itle : Food	Science and
Course ou	tcomes:		-		•
	ng students to various				ods.
	lerstand and use variou				
• To pro	vide an understanding	of food prod	essing technol	ogy.	
• 10 und during	erstand and demonstr food processing.	ate the basio	cs of knowledg	e relating	to nutrients loss
	Credits-0		Course Ty	pe- Value	Added Course
				Non-Cred	ited)
	M	lax. Marks- 1	.00(25+75)		
	To	otal No. of L	ectures-60	***************************************	
Unit		Topics			No .of Lectures
	ļ				Total =60
I	Introduction:				
	Brief review of m			e	
	country- their nu				9
	Food and its pres			-	
	Level including c		1076	use of	
	food spoilage; Ne			= 1	
	Processing and T				
	Physical principle				
	Thermal processi				
	treatments; heat	resistance o	f micro- organ	ism.	1
11	Refrigeration(use				
	Refrigeration and				9
	applications; Free	ezing and its	effects of food		



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	components and structure; Shelf life of frozen foods	
	Drying and dehydration: Types of foods- traditional	
	and new food products; Principles and applications;	
	Home, community and commercial methods of	
	dehydration; Effect on food quality.	
Ш	Chemical Principles of Food Processing: Preservation/	
	processing by sugar, salt, curing, smoke, acids and	9
	chemicals.	
	Principles and methods used for various products	
	such as pickles, chutney, ketchup, sauces, fruit	
	juices, squashes, fruit syrups and cordials.	
IV	Fruit and vegetable processing methods and	
	products.	9
	Milk Processing: Classification, standardization,	
	homogenization and packaging.	
	Meat, fish and egg processing: Methods and	
	products; Ageing; tenderizing; curing; smoking;	
	freezing.	_
	Food additives: Classification and products.	
٧	Nutritional Implications of Food Processing: Causes	
	for loss of Vitamins and minerals; Enrichment,	9
	restoration and fortification.	
	Sensory Analysis: Definition, types of test, use in	is .
	product evaluation.	
Practical	Advance Diploma Courses may be arranged for the	15
	students for Food Preservation and Bakery and	
	Confectionery.	
	Visits to food processing units such as Dairy, Cold	
	Storage Plant and Preservation Centres.	
	Prepare resource file.	



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Suggested Readings:

- Cherley H (1982). Food Science (2nd edition), John Wiley & Sons, New York.
- Gopalan C.(eds.) (1993) Recent Trends in Nutrition, Oxford University Press
- International Child Health: A Digest of Current Information.
- Jallinek G(1985). Sensory Evaluation of Food Theory and Practice, Ellis Harwood Chicester
- Jelliffe DE and Jelliffe EFP (1989). Community Nutritional Assessment, Oxford University Press.

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Course Outlines

M.A./M.Sc. I Year (Semester I) Home Science

Paper 7: Practical (Related to core paper) A130707P

Programme/class- M.A./M.Sc.	Year : I	Semester: I
Su	bject- Home Science	
Course Code –A130707P	Course Ti papers)	itle – Practical (Related to core
To learn laboratory based and so knowledge relating to nutrients		
Credits- 5	Course T	ype- Practical –Second Elective (Related to core papers)
Max	x. Marks- 100(50+50)





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Course Outlines

M.A./M.Sc. I Year (Semester I) Home Science

Paper 8 -Practical (Related to core paper) A130708P (Subject Elective)

Programme/class- M.A./M.Sc.	Year : I	Semester: I
Subj	ject- Home Science	
Course Code –A130708P		e – Practical (Related to core ignment/project work)
Course outcomes:To learn assignment/project work paper	writing with techniq	ue tools from any one core
Credits- 5	Course Typ	oe-Subject Elective (Select any one)
Max.	Marks- 100(50+50)	

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Semester II (Year I)





Commission,

* Contribution of Five Year plans to ECCE,

DR. RAM MANOHAR LOHIA AVADH UNIVERSITY, AYODHYA

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Course Outlines

M.A./M.Sc. I Year (Semester II) Home Science

Paper 9: Early Childhood Care and Education- A130801T Programme/class- M.A./M.Sc. Year: I Semester: II **Subject- Home Science** Course Code -A130801T Course Title – Early Childhood Care and Education Course outcomes-To realize the importance of early years Enabling students to understand the basic needs of ECCE. To understand thoughts of various thinkers of ECCE To provide an understanding of origination which works for ECCE Credits-5 **Course Type- Core Course** Max. Marks- 100(25+75) Total No. of Lectures=60 Unit **Topics** No. of Lectures Total =60 ı ECCE: Concepts, objectives, need, scope and significance. Types of Pre-school: Play Centers, Day Care. 9 Montessori, Kindegarten, Balwadi, Aganwadi. • ECCE IN THE National policy on Education II Contribution of the thinkers in ECCE: Pestalozzi, Rousseau. 9 Forbel, John Dewey, Maria Montessori. M.K.Gandhi and Rabindra Nath Tagore. Ш ECCE: in India: * Pre Independence period, Post Independence- Kothari 9





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	* Yash Pal Committee	
IV	Contribution of the mentioned agencies/ programmes to ECCE in India: ICCW, IAPE, NCERT, ICDS, UNICEF, NCTE Mobile Creche Etc.	9
	Pre- School Centers:	
V	 Concept, Administrative setup Functions and Organization. 	9
Practical	 Visit to Early Childhood Care and Education Centres, recording information and observation and writing report. Planning ECCE programmes including infra-structural facilities and budget proposals. Conducting interaction programmes with teachers and parents. Developing literature for parents preparing & using visual Aids. 	15

Suggested Readings-

- Grewal J.S.,1998. Early Childhood Education- Foudation & practices, Harprasad Bhargava Edu. Publishers, Agra.
- Mohanty & Mohanty, 1994. Early Childhood Care and Education, Deep & Deep Pub., New Delhi.
- Muralidharn R &Banerji V 1991: A Guide for Nursery School Teacher. NCERT, New Delhi.
- Singh B, 1997. Pre- School Education, APH Publishing Corp., New Delhi.

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Course Outlines

M.A./M.Sc. I Year (Semester II) Home Science

Paper 10: Statistics and Computer Application- A130802T

Programme/class- M.A./M.Sc. Year: I		Semester: II		
	Sub	ject- Home So	cience	
Course Co	ode : A130802T	1	rse Title -	- Statistics and Computer
EnableTo unc	derstand the basics of statis e students to understand the derstand the various methor	stics with rela- ne basic needs ods and techni	tion of ma s of compu	uter application in statistics
• To und	derstand the significance of	statistics and	compute	r application in Science
	Credits:5		Cour	se Type- Core Course
*	Max.	Marks: 100(25+75)	
	Total	No. of Lectu	res=60	
Unit		Topics		No. of Lectures Total =60
 Classification & tabulation of Data: Meaning, objective and types of classification, Formation of discrete and continuous frequency distribution, tabulation of data, parts of a table, General Rule of tabulation, Types of tables, Diagrammatical and graphical presentation of Data: significance, types and limitation of different types of diagrams and graphs used for presentation of data. 			ency ble, of Data: t types	



H,	Measure of Central tendency:	
	Mean, Median, Mode and their uses with examples	9
	and their advantages and disadvantages,	
III	Measure of Dispersion:	
	Significance and methods used in studying	9
	dispersion(range, Quartile deviation, mean deviation	
	and standard deviations) with their uses advantages	
	and disadvantages.	
IV	Test Of Relationship;	
	Meaning, types and methods used to study	9
	correlation (simple Co- efficient of correlation, rand	
	correlation, co- efficient of concurrent deviation and	
	other methods) regression along with their uses,	
	advantages & disadvantages. Testing of Hypothesis;	
	Meaning; Basic concept concerning Testing of	
	hypothesis, procedure for testing hypothesis, Errors	
	in testing hypothesis.	
V	Parametric and Non- parametric tests:	
	Uses of chi square test, student't' test, and 'z' test in	9
	testing hypothesis. Interpretation & Report writing;	
	meaning, technique of interpretation, significance,	
	steps followed, layout of report writing,	
	Types of report and techniques of writing a report,	
	The computer system, important characteristics and	
	application in Research.	
Practical	Prepare resource file	15
	Classification and tabulation of data	
	Measures of central tendency	
	Measure of Dispersion	





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Suggested Readings:

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

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डाँ० राम मनोहर लोहिया अवध विश्वविद्यालय, अयोध्या।

Course Outlines

M.A./M.Sc. I Year (Semester II) Home Science

Paper 11: Methods and Techniques of assessment in human development- A130803T					
Programme/class- M.A./M.Sc. Year – I			Semester-II		
Subject- Home Science					
Course Cod	Course Code –A130803T Course Title – Methods and Techniques				
	t in human development				
Course out	comes-				
 To unde 	erstand various techniques for stu	dying Human D	evelopment.		
 To make 	e the students aware about scient	ific method of	analyzing Human		
Develop	oment.		U.90 SEP		
	Credits: 5	1			
	se Type- Core Course				
	Max. Marks: 100(25+75)				
	Total No. of I	Lectures-60			
Unit	8 3		No. of Lectures		
	Topics		Total =60		
1	Assessment-				
	 Definition and function of ass 	sessment,	9		
	 Assessment techniques, Appr 	roaches to asse	essment,		
	 Concept of measurement, 				
	 Techniques of measurement, 				
	Relative efficacy of assessments		easuring		
	different aspect developmen	t			
11	Assessment scales-		9		
	4				
	 Neonatal scales, infant and toddler assessment scales, 				
	 Infant- toddler scales, 				
 Early childhood assessment-types, Administration of cognitive test for children. 					



डॉ० राम मनोहर लोहिया अवध विश्वविद्यालय, अयोध्या।

		Administration of personality test for children-	III	
9	9	 New trends in assessment of human behavior, 		
		 Current challenges in assessment of human 		
		behavior,		
		Ethical issue in the assessment of human		
		development		
		Scientific method-	IV	
9	9	Importance, Criteria- reliability, validity, control,		
		Types and test for reliability and validity,		
		Item analysis- Importance and types, Item analysis		
		procedures.		
		Principles of developing a test/ scale. Standardization	V	
9	9	procedures.		
		Types of scales- nominal scales- construction rules,		
		Ordinal scales- construction rules, Interval scales,		
		Ration scales- construction rules.	-	
15	15	Development of test/ scales for assessment.	Practical	

Suggested Readings-

- James Goodwin, 2002 "Research in Psychology". Methods and design. 3rd edition, John Wiley & Sons, Inc. U.S.A.
- L. R. Gay. Geoffrey, E. Mills and Peter Airasian, 2000, "Educational research" Competencies for Analysis and applications, 8th Ediion, Pearson, Merrill Prentice Hall, New Jersy.
- Pestonjee D.M. 2003.' "Third hand book of psychological and social instruments."
 Vol. I, Concept Publishing Company, New Delhi.
- Robert M. Kaplan, Dennis P. Saccuzzo, 2005 "Psychological Testing" Principles, Applicatins and issues, Wodsworth U.S.A.

Boy



· Women & health,

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Course Outlines

M.A./M.Sc. I Year (Semester II) Home Science

		omen Studies	A130804T (Thir	d Electiv	/e)
Programm	e/class- M.A./M.Sc.	Year – I		Se	mester-II
	Subj	ect- Home So	ience		
Course Coo	de -A130804T		Course Title – V	Vomen S	Studies
Course out	comes-:	÷			
To be fa	amiliar with the comm	non problem	s faces by wome	٦.	
II.	exposure of the scher				
	ware of the health ha				
To know	w about women welfa	are programn	nes in india.		
Credits: 5			Course Type- T	hird Ele	ctive
	N	lax. Marks:	100(25+75)	75	
	Т	otal No. of L	ectures=60		
Unit		Topics	2 2		No. of Lectures
					Total =60
1	Women's Studies:				
	Meaning, signific	cance and gro	owth of women's		9
	studies in India,				
			society, the cha	nging	
	position of India				
	p-10/10/0		idia, feminist the	ories,	
	Women empower	erment.			
11	Women's situationa	l& developm	nent:		
e .	Women & education	tion,			9
	Women & emplo	yment,			



Women in agriculture,	
Women in Industry,	
Women in Politics,	
Women's personal laws.	
Life Cycle Approach to Women's Health-	1
Health status of women in India,	9
Factors influencing health and Nutritional status.	
 Maternal and Child Health (MCH) to Reproductive and Child health approaches. 	
Issues of declining Child Sex Ratio, Widowhood and old age.	
Women welfare Programmes:	
Women welfare programme in urban & rural areas,	9
Condition of women in India.	
Women welfare organizations,	
Co-ordination of agencies of women welfare	9
programmes.	
Women empowerment.	
Development of women entrepreneurships.	
Study of women's status in a community	15
Identification of women's problems in a community	
 Preparation of an album on women's issues. 	
	 Women in Industry, Women in Politics, Women's personal laws. Life Cycle Approach to Women's Health- Health status of women in India, Factors influencing health and Nutritional status. Maternal and Child Health (MCH) to Reproductive and Child health approaches. Issues of declining Child Sex Ratio, Widowhood and old age. Women welfare Programmes: Women welfare programme in urban & rural areas, Policies & programmes of social welfare floated at the center& state level, for the advancement of the Condition of women in India. Women welfare organizations, Co-ordination of agencies of women welfare programmes. Women empowerment. Development of women entrepreneurships. Study of women's status in a community

Suggested Readings-

• Abou Zahr, C., and E. Royston1991. Maternal Mortality: A Global Fact book. Geneva, Switzerland: World Health Organization.



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- Anish worth, M., and I. Semali 1998, The impact of adult deaths on the nutritional status of children. 9 in Coping with AIDS: The Economic Impact of Adult Mortality on the African Household. Washington, D.C.: World Band.
- Arrowsmith, S.,E,C: Hamlin, and L.L. Wall1996. Obstructed labor injury complex:
 Obstetric fistula formation and the multifaceted morbidity of maternal birth trauma in the developing world. Obstetric and Gynecological Survey 51(9):568-574.[PbMed]
- Desai N & Krishna M. 1998. Women and Society in India. Ajanta publication.
- Krishnaraj M.(Ed).1986. Women studies in India. Popular Prashan.
- Patil Ak. 1995. Women and Development. Ashish Publication.
- Poonacha V. 1999. Understanding women studies. SNDT Women's University.
 Mumbai.

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डाँ० राम मनोहर लोहिया अवध विश्वविद्यालय, अयोध्या।

Course Outlines

M.A./M.Sc. I Year (Semester II) Home Science

Paper 13 Fabric Ornamentation A130805T (Generic Elective)

Programme/class- M.A./M.Sc.		Ye	Year : I		Semester: II	
		Subject- Ho	me Science			
Course Co	ode –A130805T		Course Title -	Fabric O	rnamentation	
Course or	utcomes:					
• To un	derstand the basics of te	extile with re	lation of mater	ial and te	chniques	
• To un	derstand students abou	t different ty	pes of embroid	lery		
• Enabl	e students to understan	d different p	rinting styles			
Credits-5			Course Type-	Generic	Elective	
				(Select ar	ny one)	
	M	lax. Marks:	100(25+75)			
	To	otal No. of L	ectures=60			
Unit					No. of Lectures	
			Т.	opics	Total =60	
ı	Dyeing:					
	Tie and Dye and B				9	
	 Dyeing with natural dyes, us of pigments; 					
	Dyeing auxiliaries and their use;			2		
	Dyeing defects ar	nd their reme	edies.		0 7 (1)	
11	Printing:		· · · · · · · · · · · · · · · · · · ·			
	 Printing methods- lock, stencil, screen, roller, rotary; 			9		
	Printing auxiliaries, their use and importance;					
	 Printing styles- direct, resist, discharge, photographic, 					
	transfer, flock pri	100-2311				
	After treatment of	printed good	s.			

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111	Embroidery:	
	 General embroidery techniques; 	9
	 Hand embroidery- knowledge of hand embroidery stitches; 	
IV	Traditional Indian embroidery-	
	Chikankari,	9
	Kasuti,	
	Phulkari,	
	Kashida,	
	Kantha,	
	Kutch, and Kathiawar.	
V	Applique Work and Quilting:	
	Applique Work- basics, hand appliqué; Machined	9
	appliqué, bias tape appliqué, reverse appliqué	-
	techniques;	
	 Quilting-/the art, quilting tools, designs; basic 	
	quilting technique.	
Practical	a. Sample preparation- Tie-n-Dye, Batik, and	15
	Printing.	
	b. Sample preparation- Embroideries	
	c. Article- Applique work/Quilting	

Suggested Readings:

- Big Book of Needle Craft Odhamas Publications.
- Creative Embroidery Designs Ondorisha Publications.
- M.L. Gulrajani and Deepti Gupta (1990) Natural Dyes and their application to textiles. Ed. IIT, Delhi Publications
- Needle Craft Reader's Digest.
- R.S. Prayag Technology of textile printing. Noyes Data Corp.
- V.A. Shenai Technology of printing- technology of textile processing. Vol. iv. Sevak Prakashan
- V.A. Shenai. Chemistry of dyes and principles of dyeing Sevak Prasashan, Mumbai.

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डाँ० राम मनोहर लोहिया अवध विश्वविद्यालय, अयोध्या।

Course Outlines

M.A./M.Sc. I Year (Semester II) Home Science

	rapei	14 Ga	I DII Saliskal	HT20000	L ,
Programm	e/class- M.A./M.Sc.	Year	r:1	Se	mester: II
K		Subje	ct- Home Scie	ence	
Cou	rse Code –A130806T		Co	urse Title	- Garbh Sanskar
Course out	comes:				
To unde	erstand the role of pre	enatal o	care.		
• To awa	are students about all	stages	of pregnancy	and healt	h issues.
	erstand the basics of S				
• Tenable	e students to understa	and the	role of yoga	and exerci	ise during delivery
	Credits:0		Course T	ype- Valu	e Added Course(Non -
					edited)
		Max. M	larks: 100(25	i+75)	
	, 1	Total N	lo. of Lecture	s=60	
Unit		Topic	S	i.	No. of Lectures Total =60
1	Prenatal Developme	ent:			
	 Meaning of pren 	atal De	velopment, c	oncept	9
	of conception, P	rocess	of conception		
	Early sign of preg	gnancy,	symptoms of	f	
	pregnancy, physi	iologica	l changes du	ring	

pregnancy, complication during pregnancy.





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H	Sanskar:	
	 Scientific explanation of Garbh Sanskar, Different therapies in Grabh Sanskar, Garbh Samvaad, Fetal Communication to keep piece rapidly 	9
	growing fetal brain mother establishes conversation with child in uterus by various means- Music, Storytelling, Thought transfer, swadhyay Meditation.	
III	 Care of pregnant women: Birth process, Maternal care. Nutrition during pregnancy. Dress during pregnancy. 	9
IV	 Care of the mother after delivery: Ideal practices for the new mother. Role of health practitioner. Prenatal influences on fetus: family environment, social environment, maternal nutrition, age of mother. 	9
V	 Some essential activities during pregnancy. Yoga: Meaning and definition of yoga, Role and importance of yoga as a Garbh Sanskar. Role of Ayurveda therapy during Pregnancy. 	9
Practical	 Presentation and seminars on special topics Preparation of Teaching Aids- Chart-Poster, Leaflet Pamphlet, Booklet, Flipchart etc. 	15



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Suggested Readings:

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

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Course Outlines

M.A./M.Sc. I Year (Semester II) Home Science

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

Programme/class- M.A./M.Sc.	Year : I	Semester: II		
Subject- Home Science				
Course Code –A130807P	Course Title papers)	– Practical (Related to core		
	t of Human Development.	and demonstrate tools and		
Credits: 5 Course Type- Practical (Related to core papers) Fourth Elective				
	Max. Marks- 100(50+50)			



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Course Outlines

M.A./M.Sc. I Year (Semester I) Home Science

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

Programme/class- M.A./M.Sc.	Year : I	Semester: I
Sul	bject- Home Science	
Course Code -A130808P		- Practical (Related to core gnment/project work)
Course outcomes:To learn assignment/project wor paper	k writing with techniqu	ue tools from any one core
Credits- 5	Practical (R	e–Subject Elective (Select any one) Related to core papers t/project work)
Max	k. Marks- 100(50+50)	



Semester-III (Year-II)

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Course Outlines

M.A./M.Sc. II Year (Semester III) Home Science

Paper 17: Research Methodology- A130901T

Programme/class- M.A./M.Sc. Year: II Semester: III **Subject- Home Science**

Course Code: A130901T Course Title – Research Methodology

Course outcomes:

- Understanding the nature of problem to be studied and identifying related area of knowledge.
- Understanding meaning and concept of social science research and specifically areas of research in Home Science.
- Understanding various steps of research(data collection, data analysis, interpretation and report writing.

Credits: 5 **Course Type- Core Course** Max. Marks: 100(25+75)

Total No. of Lectures=60

Unit	Topics	No. of Lectures
ı	Social Research:	
	 Concept, Nature, Scope, Types of Researches in Home Science. Formulation and Selection of the Research Problems Participatory Research 	7
II .	 Hypothesis: Concept, Types and Significance Research Design: 	8



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	 Concept, Types and Significance Sampling: 	
	Concept, Types and Significance	
III	Sources of Data Collection:	
	 Primary and Secondary, Field and Documentary. 	
	Tools of Data Collection:	
	 Interview guide, Interview schedule, observation and Questionnaire. 	12
	Methods of data Collection:	
	Interview, Questionnaire, Observation,, Case Study	
	and Projective techniques.	
IV	Measurement and Scaling	
	Processing of Data	9
V	Analysis and Interpretation of Data	
	Report writing	9
Practical	EXERCISES WITH STUDENTS TO EXPLORE PROCESS OF	
	RESEARCH	15
	Selection of a research problem	
	2. Review of Literature	
	3. Developing Hypotheses and Objectives	
	4. Constructing measurement tools	
	5. Selection of sample	
	6. Data collection	
	7. Analysis of data	
	8. Report writing	

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• Bajpai SR. 1996. Methods of social Survey and Research. Kitab Ghar.



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

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Suggested Continuous Evaluation Methods:

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

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Course Outlines

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

Programm	ne/class- M.A./M.Sc.	Yea	ar : II	Sem	nester: III
	S	Subject : Ho	me Science		
Course Co	de : A130902T	7		Extension and on concepts in	
Course out	comes:	-			
To be awar	e of the approaches to	developme	nt.		
To underst	and the existing suppo	rt structure	for developme	nt efforts.	
To underst	and the process of com	nmunication	in developme	nt work.	
s	Credits: 5		Cours	e Type- Core co	ourse
	М	lax. Marks- 1	100(25+75)		
	То	tal No. of L	ectures=60		
Unit		Topics			of Lectures Total =60
1	Definition, concercommunity; Structure and orginal communities: trib	ganization of	f different type	s of	7
II	Social groups and Org				
	 Concept, types, ch groups, interests, 				8





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	Community Leadership:	
	Concept, leadership theories; patterns and	
	characteristics of leadership in different	
	communities;	
1.0	 Role of leadership in community development. 	
111	Extension:	
	 Meaning, changing concept of extension, 	12
	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	
(F)	Programmes related to Community Health and	
	other policies, /central Social Welfare Board,	
	Panchayati Raj System.	
IV	Extension Teaching:	
	 Methods and Process; Steps in extension teaching 	9
	methods; Teaching Aids: types, characteristics and	
	functions;	
	Role of Media in the Process of Learning;	
	Cone of Learning.	
V	Development Communication:	
•	Definition Nature Pole and Cianificance of	9
1.55	 Definition, Nature, Role and Significance of 	9
٠	Development	9
·	Development	9
·	Development	9



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Suggested Readings:

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

Suggested Continuous Evaluation Methods:

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

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Course Outlines

M.A./M.Sc. II Year (Semester IV) Home Science

Paper 19: Gender in Extension and Development- A130903T

Programme/class- M.A./M.Sc. Year: II Semester-III Subject- Home Science Course Code: A130903T Course Title: Gender in Extension and Development Course outcomes: To understand the concept, need relevance and dimensions of gender empowerment. To get sensitized to gender disparities and problems of women. To understand the efforts at different levels for empowering women. Credits:5 Course Type- (Core Course) Max. Marks- 100(25+75) Total No. of Lectures=60 Unit **Topics** No. of Lectures Total =60 1 Gender and Development: Concept of gender, gender roles, changing trends, gender analysis 7 martrix, shift from welfare to development and empowerment, gender in development, gender and development, national and international efforts for gender empowerment. 11 Status of women: Status meaning, status of women-a situational analysis, demographic, education, 8 employment, political and health (general occupational and reproductive), Changing scenario. III Violence Against Women: Dowry, divorce, female feticide and infanticide, domestic violence, sexual 12 harassment and exploitation, portrayal of women in

mass media, Efforts for elimination of all forms of

discrimination.



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IV	 Policies and Programmes for Women's Development: National Policy for Empowerment of women, policy perspectives, mainstreaming a gender perspective in the development process, Economic empowerment poverty eradication micro credit, self helps groups, women and agriculture, women and industry and support services, social empowerment, education, health, nutrition drinking water and sanitation, housing and shelter, environment, legal empowerment, legal literacy on personal and family laws, role of family court and legal aid centers, Political empowerment: role of Panchayati raj in the Political empowerment of women. 	9
V	 Support System: Role and functions of the Department of women and child Development, Central social welfare Board state Social Welfare Boards National Commission for women, Women's Development Corporation. 	9
Practical	 Presentation and seminars on special topics Study of women's status in a community Identification of women's problems in a community Preparation of an album on women's issues. Visit to women welfare Organizations. 	15

Suggested Readings:

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

Suggested Continuous Evaluation Methods:

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

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Course Outlines

M.A./M.Sc. II Year (Semester III) Home Science Paper 20: Guidance and Counseling –Children with Special Needs

	A130904T (Fifth Elec	tive)	
Programn	ne/class- M.A./M.Sc. Ye	ar : II	Semester: III
	Subject- Home Scien	ice	
	Course Code : A130904T		e — Guidance and en with Special Needs
Course outco	mes:		
 To unders 	tand meaning and concept of counselin	g and guidance.	
To under	stand various approaches of counseling.		
	tand the scope and importance of coun		scenario.
		,	
	Credits:5	Course Type	e- Fifth Elective
	Max. Marks: 100(25+	75)	
	Total No. of Lectures	=60	
Unit	Topics		No. of
			Lectures
-			Total =60
1	Introduction to guidance and counsel	ing.	
	Concept, aims		7
	Needs and Scope of guidance and	counseling	
	Basic Principles of guidance and co	unseling	
, H	Types of guidance:		
	Educational, vocational and persor	al, marriage and	8
	family, leisure time	,	

Areas of guidance and counseling and Counseling

techniques





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	 Types of counseling- Specialized counseling, crises counseling, facilitative counseling and preventive counseling. 	
111	Competencies and role of a guidance and counseling professionals. • Limitations of a counselor, Modes and methods of Counseling • Essentials for conducting guidance and counseling; understanding the process of guidance and counseling, Guidelines for setting up Child Guidance and Counseling unit.	12
IV	Psycho therapies, Cognitive therapy, Affective therapy, behavior therapy, Rational Emotive therapy, Transactional analysis, Gestalt therapy.	9
V	 Knowledge and skills to handle assessment tools, Knowledge and skills-continued. Effective communication and documentation skills, networking with allied professionals and institutions. Status of guidance services in education at state and center level and ethical Issues in counseling 	9
Practical	 Administration of any five psychological tests/ scales available in department laboratory and understanding its use in counseling. 	15

Suggested Readings:

- Counseling and Guidane, S. narayan Rao tata McGraw Hill Publishing Company Limited,
- Colunseling skills Training-P. Burnard, Viva Books, new Delhi
- Counseling: the Skills of finding solutions to Problems, R.Manthei, Routledge, London.

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- Encyclopedia of Guidance & counseling- Mittal Publications, new Delhi.
- Educational & Vocational Guidance- R.Singh, Common Wealth Publishers, new Delhi.
- Guidance & Counseling- I. Madhukar, Authe press Global Network.
- Guidance & educational Educational Coounseling –I.Madhukar, Authe pres Global Network.
- Individual Counseling: Therapy & practice, D. Nicolson &H. Ayers, David Fulton, London.
- Principles of Guidance & Counseling- M. Asche Sarup & sons, New Delhi.
- Sharma. R.N & Sharma., 2004, "Guidance and Counselling in India", Atlantic publishers and distributors, New Delhi.

Suggested Continuous Evaluation Methods-

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

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डाँ० राम मनोहर लोहिया अवध विश्वविद्यालय, अयोध्या।

Course Outlines

M.A./M.Sc. II Year (Semester III) Home Science

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

Programme/Class- M.A./M.Sc. Year : II Semester: III

Subject- Home Science

Course Code: A130905T Course Title – Gerontology Adolescents
& Youth

Course outcomes:

- *To understand meaning and Scope of gerontology.
- *To understand elderly problems and requirements.
- *To gain knowledge about health issues and nutritional requirement and Modification for elderly.
- To understand transition in adolescence.
- To understand development (Physical, social, Emotional etc) in adolescence.
- To understand challenges faced by adolescence and role of parent, teachers and society in supporting them in present circumstances.

To understand personality and identity development in adolescence

Credits:5	Course Type- (Subject Elective)
	Select any one
Max. Marks- 1	.00(25+75)

Total No. of Lectures=60

Unit	Topics	No. of Lectures Total =60
. 1	Gerontology:	
	Emergence & Scope of gerontology & elderly care,	9
	deographic trends in India, concept of ageing & problems:	
	Biological, Physiological, social & economic aspects	
	(social, economic, single & retire status)	vs

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	The state of the s	
	 Security, occupational aspects & spiritual aspects, Nutritional requirements of the aged & dietary management nutritional problems in old age. Age of transition, social attitudes & expectations towards adolescents, effects of transition to adulthood, meaning & age of puberty, causes of puberty, significance and effect of body transformation on behavior, 	
II	The aged in the family context:	
	 Adjustment Patter, family pattern in later life, changing roles and the ageing family, conjugal elations in old age and adjustment, retirement years and adjustments, marital adjustments, Intergenerational family relations & adjustment, Widowhood/ single hood, alternative life style in old age. Meaning of social acceptance, factor influencing social acceptance, effects of social acceptance on attitudes & behaviour, effects of group status, meaning of heightened emotionality, common emotion pattern, effect of the emotion on adolescent adjustment, emotional control. 	9
III	 Development of aspiration & achievement: Meaning of aspiration how aspiration how aspirations, how aspirations develop, variations in aspirations, the achievement syndromes (success & failure). Educational & Vocational achievements, social mobility & achievement. 	9

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IV	Personality development & family relationship:	
	 Meaning of improvement of personality, obstacles, 	9
	factors influencing self- concept (acceptance &	
¥1	rejection) level of adjustment & happiness.	
	Effect of family relationship, on home climate,	
	conditions affecting family relationship common	
	recreational interest & activities.	2
	 Effect of family relationship, on home climate, 	
	conditions affecting family relationship, common	
6	recreational interest & activities	
V	Elderly Nutrition	
	Physiological changes in elderly.	9
	Types of malnutrition in elderly	
	Nutritional problem of elderly people	
	Recommended dietary allowances for elderly	
	•	
	Educational & Vocational achievements,	
	Social mobility & achievement	
Practical	 Interviewing elderly about their problems and issues. 	
	Visit of Centers and Institutions for elderly and	
	recording information and observation.	15
	Writing Reports.	
	Meal planning for elderly.	# # # # # # # # # # # # # # # # # # #
	I and the second	I

Suggested Readings:

- Atchley Robert. C.(2001). Continuity and adaptation in aging: Creating positive experiences.
- Baars et al.(2006). Aging globalization and inequality. The new critical gerontology.
- Broderic.P.C(2003). The life span, Human Development for helping professionals.
- Oray. M.G.(1992). Aging health and behavior. Sage publications.
- Kumudini Dandekar(1996). The elderly in India. Sage publications.
- Moody, Harry.R.(2002) Aging: Concepts and controversies, 4th Edn.
- The Psychology of later life: L.R. Aiken, WB Saunders Company. Philadelphia,
- Aged: Their Understanding & Care: Klaus Bergmann, London Wolfe Publications.





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London.

- Handbook of ageing& Social Sciences: R.H. Binstock & E. Shanes,, V.N. Reinhold, Co. New Yok
- Old age in a changing society. ZanaSmith, Blau,, New Biew prints. New York
- Ageing in India: Problems and Potentialities: A.B. Bose, & K.D Gangrade Abhinav Publications,

Suggested Continuous Evaluation Methods:

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

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Course Outlines

M.A./M.Sc. II Year (Semester III) Home Science

Paper 22: Summer Internship A130906P (Sixth Elective) Programme/class-Year : II Semester: III M.A./M.Sc. **Subject- Home Science** Course Code: A130906P Course Title - Summer Internship Course outcomes: ToProvide opportunities to students to clarify specialized interests related to work and careers. To provide hands- on experience to students in real- life work settings relevant to their field. To have students rehearse skills analogous to job search skills: how to identify, enter and participate in already existing work settings relevant to their field or create work opportunities for themselves. To have students build practical skills and knowledge and learn to apply theoretical knowledge to the field. Credits:5 Course Type- Summer Internship (Sixth Elective) Max. Marks- 100(50+50) Total No. of Hrs: 60

INTERNSHIP PROTOCOL

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No. of hours=60



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

60

- Students can select from a wide range of educational, research, mental health, and welfare settings. They can choose to work with those from nonclinical populations as well as those from special or vulnerable or clinical populations.
- The student's role in the internship agency must be clearly specified and the contribution made in the 30 hours must be in tangible form such as workshops/ sessions conducted, module developed, data collected/analyzed, clients counseled etc,
- At the end of the internship, students are required to submit a soft copy and a hardbound report to the college.
- The internship has to be concluded at least one month before
 the commencement of semester- end examination. Students
 can also take up an entrepreneurial activity (e.g., freelance
 with schools and conduct relevant workshops with
 students/teachers/parents) with equal weight age (subject to
 approval of the Department Head).

Suggested Continuous Evaluation Methods:

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

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Course Outlines

M.A./M.Sc. II Year (Semester III) Home Science

Paper 23 Dietetics and therapeutic Nutrition A130907P (Subject Elective)

Pro	gramme/class-	Year	– II		Semester-III
	M.A./M.Sc.				
		Subject- Hom	e Science		
Course Co	ode : A130907P	Í	Course Title : I	Dietetics	and therapeutic
Course or	itcomes-				
	Credits:5		Course T		bject Elective) lect any one
	N	Max. Marks- 10	00(50+50)		
	T	otal No. of Le	ctures=60		
Unit		Topics	3		No. of Lectures Total =60
ı	Principles of Dieteti	ics:			
	Preventive prom	notive and cura	ative role of d	ietetics	8
	in health and dis	sease.			
	Principles and in	nportance of M	1enu plannin	g.	
11	Nutrition during th	e life cycle:			
	• Infancy,	7)			8
	Early Childhood/	preschool age	2,		
	School going age	2,			
	 Adolescence, 				
	• Old Ago				





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Dietary modification required in the following	
conditions:	8
Overweight and underweight.	
Fever and infections.	
Lower and upper Gastro- intestinal tract disorders.	
Liver and pancreatic disorders.	
Causes, symptoms and dietary modification required	
for the following conditions:	12
Diabetes	
Hypertension	
Cardiovascular disorders	
Cancer	
Nutritional Anemia	
Planning and preparation of normal and therapeutic	
	9
	15
	 conditions: Overweight and underweight. Fever and infections. Lower and upper Gastro- intestinal tract disorders. Liver and pancreatic disorders. Causes, symptoms and dietary modification required for the following conditions: Diabetes Hypertension Cardiovascular disorders Cancer

Suggested Readings-

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

Suggested Continuous Evaluation Methods:

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

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Semester IV (Year II)





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Course Outlines

M.A./M.Sc. II Year (Semester III) Home Science

Paper 24: Community Nutrition A131001T Programme/class-Year - II Semester-IV M.A./M.Sc. Subject- Home Science Course Code: A131001T **Course Title: Community Nutrition** Course outcome-*This course will make student aware regarding various basic concept and Knowledge about community nutrition. To provide Information regarding Nutritional assessment. To enable Students to impart nutrition education among rural and needy people. To acquaint them knowledge regarding food security and government and international program running in the field of community nutrition. Credits:5 Course Type- Core Course Max. Marks- 100(25+75) Total No. of Lectures=60 Unit **Topics** No. of Lectures Total =60 ı Indirect Nutritional Status Vital statistics, indicators and their use: 8 Health policy Indicators, Social and economic indicators Indicators of the provision of health care. Coverage by primary health care. Basic health status indications

*National Community Nutrition Programmes.

* Introduction to national nutrition progrmmes and



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Practical	 IUGR, Adolescent pregnancy. Breast-feeding. Menu Planning for various stages of life span. 	15
V	Nutrition and mother care Maternal nutrition and care.	9
· · · · · · · · · · · · · · · · · · ·	Food security and poverty	
	state wise production.	
	Food Production in India, major foods and their	
	Food Corporation of India.	
	Public distribution system,	
	Food balance sheets	
	India and food availability	12
	Food consumption pattern in different parts of	42
IV	 Over Nutrition and chronic degenerative diseases, Food consumption pattern and PDS 	
	lodine deficiency disorder Over Nutrition and characteristics and characteristics are descent at the second state of	
	Vitamin A deficiency, Indian deficiency disputers	
	Anaemia Vitagraia A I Citi	
	Protein energy malnutrition	8
Ш	Magnitude of nutritional problems in India	
111	Magnitude of mutuitional machines in Latin	
	* Miscellaneous monofocal programmes.	
	*National Rural Employment programme (NREP)	
	* National Rural Development Progrmme(NRDP)	
	* Integrated Child Development Services (ICDS).	
	national level:	
	* Programmes for improving nutritional, status at	

- Bamji, M.S Rao, NP and reddy V. 1996. Text book of Human Nutrition.
- Srilaxmi B. Dietetics(2014). Seventh edition, New Age International Publisher.





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- Anita Singh, Ahar evam poshan vigyan, Star publication, Agra.
- Bendich, A and Deckelbaum, RJ, 1997. Preventive Nutrition. The Comprehensive guide for health professional.

Suggested Continuous Evaluation Methods:

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

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Course Outlines

M.A./M.Sc. II Year (Semester IV) Home Science

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

Programme/class- M.A./M.Sc. Year: II Semester: IV **Subject- Home Science** Course Code: A131002T Course Title – Study of Family in Society **Parent and Community Education** Course outcomes: • To understand meaning, nature, origin, functions & forms of the family. To understand marriage system, changing trends & its future. To understand family contemporary issues & concerns and counseling. • To acquaint the students with the significance and approaches of parent education and develop skills in using various techniques of parent education. Credits: 5 **Course Type- Core Course** Max. Marks- 100(25+75) Total No. of Lectures=60 Unit **Topics** No. of Lectures Total =60 1 The family: Meaning, nature, origin & forms of the family, 7 function of the family, causes of decay of patriarchal family, features of modern family, instability of modern family, reconstructing the family. · Approaches and theories in family studies (Developmental approach, systematic approach, structural & functional approach) Need for parent education in India Setting goals for parent education- Issues determining goals-Formulation of broad goals- defining specific goals,

Guidelines for setting goals.



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H	Family patterns:	
	 Traditional extended/joint families: meaning, definitions, characteristics, merits & demerits of different Type of families, 	8
	 Disintegration of joint families, Alternate families single parent, childless female headed, unitary families Family disintegration causes & remedial measures. Ginott's Humanistic approach based on Rogerian theory-Basic principles, techniques for educating parents. 	
111	Marriage:	
	 Concept, definition, types & forms of marriage, mate selection, factors in mate selection, Hindu marriage ceremonies, Hindu marriage act, marital adjustments, Factor contributing to success & failure in marriage. 	12
	 Changing trends & its future Changing trends & its future. Group –Mass/Large and mini group; Individual approach: Multimedia approach; Distance home education; Parent education in school and community. Role of teacher as parent educator 	
IV	 Contemporary issues & concerns: Family violence, battered women, sexual abuse, dowry, divorce, separation& remarriage, marriage & family counseling: Concept, need, counseling process, family welfare programmes. Parent involvement rationale, concept, advantages; Models of parent involvement. 	9
V	 Legal provisions to meet the challenges related to marriage & family. Parents of young children; parents of economically and socially disadvantaged children 	9



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Practical	 To analyze family contemporary issues & concerns. To analyze marriage system, changing trends & its future. 	15

Suggested Readings:

- An introduction to sociology- Vidya Bhusan & D.R. sachdeva- Kitab mahal, New Delhi.
- Indian Social Problems-Vol I & II G.R. Madan.
- Encyclopedia of child 7 Family Welfare- Anmol Publication, New Delhi.
- The Family: A Sociological Interpretation-B.N Adams- Rand & McNully Chicago.
- Indian Social System- R. Ahuja- Rawat Jainpur.
- Hand book of Family Life Education: The Practice of Family life Education (vol II) H.E Arcus & others Sage Publications, New Delhi.
- Family Measurement in India-S. Bharat- Sage Publications, New Delhi.
- Family: its Structure & Functions R. Cooer- Macmillan, New york.
- Women& work in india Society- T.M.Dak.
- Marriage & Family in India- Kapadia- Oxford University Press, Calcutta.

Suggested Continuous Evaluation Methods:

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

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Course Outlines

M.A./M.Sc. II Year (Semester IV) Home Science

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

Programm	ne/class- M.A./M.Sc.	Ye	ar: Ii		Semester-IV
	Su	bject- Home S	Science		
	Course Code: A131003	ВТ	Early (Childhood	and Materials for Care and n Family Studies
Course out	comes:	•			
 To stud 	y different methods ar	nd techniques	of understandi	ng Human	Development.
 To appl 	y the various methods	in a practical	context		
	erstand changes and ch				
• To unde	erstand marriage instit	ution and rela	tionship issues.		
	Credits:5		Course T	ype- Seve	enth Elective
-	r	Max. Marks- 1	.00(25+75)		
	To	otal No. of Le	ectures=60		*
Unit		Topics			No. of Lectures Total =60
	Basic principles and Education. Play: Role of Play early years; Type Programme Plan Principles, goals, Developmental f	in developmes of play actives ning for young objectives, so	ent and educati ities; g children: hedule of activi	ties.	7
II	Play activities and modevelopment: Movement and modevelopment and	nobility; Gross Role of educat social and en	s and fine moto or notional develo	r skills;	8

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	 measurement of marital roles and relationship, 	
	Ethnographic approach,	
	Demographic approach,	
III	Play activities for developing Communication-language skills:	12
1	 Importance of communication, promotion of language skills- listening, speaking, reading and writing; 	
	 Activities for language development: conversation, pre-reading, writing skills, songs and rhymes, storytelling, riddles. 	
	 Fatherhood: Concept, Changing role of parents in parenting, Disorganized and reorganized families, marital distress, psychiatric disorder and family 	*
	therapy, Alternate family patterns- single parent families, female headed house- holds, dual career families, sibling families etc, Adoptive families	
IV	Literature for children:	
	Need and types; Importance of storytelling and	9
	techniques of storytelling.	
	Art and creative activities:	
	Significance, Types of art activities; Role of teacher in	
	planning the activity, motivating children; Music.	
	 National policies and programmes for family welfare. 	
. v	Activities to promote mathematical concepts in young children:	9
	 Development of mathematical concepts; Principles of 	9
	teaching mathematical concepts.	
	Activities to promote Science:	
	 Thinking, observing, inferring, classifying, 	n
	communicating; Concept formation- differentiation,	-
	grouping, labeling; Developing scientific outlook and	
	Role of teacher in some important science	
	experiences.	
	 School for family therapy, structured, strategic, 	



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	experimental family and integrated family therapy	
Practical	 Developing and conducting activities to promote the development of the child. Developing theme based projects for children (egScience concepts and mathematical concepts) and implementing them in pre-school programmes. Developing educational and play materials for pre-Schoolers using indigenous materials. Developing picture books/story books and rhymes. Developing and conducting creative art activities for pre-scholars. Prepare Resource files for children. 	15

Suggested Readings:

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

Suggested Continuous Evaluation Methods:

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

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Course Outlines

M.A./M.Sc. II Year (Semester IV) Home Science

Paper 27: Textile Management A131004T (Subject Elective) Programme/class- M.A./M.Sc. Year: II Semester-IV **Subject- Home Science** Course Code: A131004T Course Title: Textile Management Course outcomes: To study different methods and techniques of understanding Textile Development. To apply the various methods in a practical context To understand changes and challenges of fabric To have an insight of current marketing needs in textile industry Credits:5 Course Type- (Subject Elective) Select any one Max. Marks- 100(25+75) Total No. of Lectures=60 Unit **Topics** No. of Lectures Total =60 Role and importance of Textile and Garments Industry in 1 Indian economy Problems and prospects of textile and 7 garment industry Textile policy under 5 year plans. 11 Textile industry management: Management hierarchy, 8 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.

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

planning and control.



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IV	 Role of Standards in quality control: Framework of control. Organization and techniques of control 	9	
V	Export procedure and distribution channels used to reach foreign market. Import and export policies of Indian government. Recent trends in textiles	9	
Practical	Presentation and seminars on special topics	15	

Suggested Readings:

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

Rattan J.B. Mordern Textile management, Abhishek Publication, Chandigarh

Suggested Continuous Evaluation Methods:

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

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Course Outlines

M.A./M.Sc. II Year (Semester IV) Home Science

Paper 28: Major Research Project/ Dissertation A131005P

Programme/class- M.A./M.Sc.	Year – II	Semester-IV	
Sub	ject- Home Science		
Course Code : A131005P	Course Title	Course Title : Major Research Project/ Dissertation	
Credits: 10	Course Type: Discipline)	Course Type: Dissertation (From Elected Discipline)	
Max.	Marks- 100(50+50)		

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

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