

# Home Science

## PAPER-I

### **Unit-I : (Food Science)**

Study of foods: Function of food, Importance, Composition and nutritive value of Cereals, Pulses, Vegetables and Fruits, fleshy foods (Meat, Fish Egg, Poultry) milk & milk products, oils & Fats. Food processing: methods of food preparation, changes in food during preparation, effect of preparation on nutritive value. Food preservation: Causes of food spoilage, Importance, principles and methods of food preservation Food spoilage: Causes of food spoilage and food contamination. Food adulteration and food poisoning, measuring quality of food, control of food quality.

### **Unit-II : (Nutrition Science)**

Nutrients: classification, functions, Sources, requirements, and effect of deficiency of carbohydrates, Proteins, Fats, Vitamins, Minerals, Water and Roughages. Utilization of Food: Digestion, absorption and metabolism of Proteins, Fat and Carbohydrates. Basal metabolism, factors affecting Basal metabolism, total energy requirement, factors affecting energy requirement. Balanced diet: Basic food groups, planning of balanced diet on the basis of recommended dietary allowance (ICMR) for adult man and woman, Nutrition during pregnancy, lactation infancy, child hood adolescence and old age.

### **Unit-III : (Community Nutrition )**

Nutritional problems of the Community, Assessment of nutritional status, concept of malnutrition, prevalence & ecology of malnutrition, prevalence, etiology, biochemical & clinical manifestation, preventive & therapeutic measures for the PEM, Vitamin A deficiency, Nutritional anemia, Iodine Deficiency Disorder, Ricket & Osteoporosis, Fluorosis, Obesity & overweight, Diabetes mellitus, Tuberculosis, Chronic heart disorder, and Cancer. Measures to combat malnutrition: nutrition policy and programmes, supplementary feeding programmes, Role of ICDS, Role of National and International agencies in combating malnutrition (WHO, FAO, UNICEF, NIN, NFI, FNB, CFTRI, NNMB). Role of food technology in combating malnutrition (development of food mixture, food fortification, food preservation & new foods).

### **Unit-IV : (Human Development)**

Basics of Human Development: Role of genetic and environmental factors affecting human growth and development. Prenatal growth and development: stages and factors affecting prenatal growth and development. Principles and stages of human development. Methods of studying and assessing Children: Cross-sectional, Longitudinal, Observation, Interview, Case study, Biographical, use of various Psychometric tests.

## **Unit-V : (Child Development)**

Development of Children from Infancy to late Childhood Years: Physical, Motor, Cognitive, Speech, Emotional and Social development. Personality development of Children: Role of Family, school, community and mass media. Early Childhood care and Education: Concept of child rearing, its impact and factors affecting child rearing. Significance and objectives of early childhood education.

## **Unit-VI : (Family Studies)**

Family: Meaning, types and functions. Contemporary changes in family system – functional and structural changes. Family Life Cycles: Significance, stages and developmental tasks associated with each stages of family life cycle. Contemporary Family Problems: Marital, financial, unemployment, dowry, unwed motherhood, divorce, accidents, prolonged sickness, double earner families, single parent families and old age problems.

## **PAPER-II**

### **Unit-I : (Home Management)**

Importance of Home Management, family goals, values standards and decision making process. The qualities of a good home maker. Types of family resources: Management of time – methods & techniques of time management. Money management – Types of income, planning and steps in budget preparation, keeping financial records & accounts, Savings and Investments. Management of energy: Energy requirement of different tasks, fatigue – type and how to reduce fatigue, techniques of work simplification.

### **Unit-II : (Interior decoration & Consumer Education)**

Interior decoration: Basic elements (Line, form, colour, texture) and principles (Balance, Rhythm, proportion, Harmony, Emphasis) of design and their application in interior decoration. Study of colour – importance, use and characteristics of various colour combinations and its application. Consumer Education: Strategies, Rights and responsibility of consumer, Consumer protection legislation and Consumer aids.

### **Unit-III : (Extension Education)**

Extension Education: concept, philosophy, principles, objectives and scope of extension education. Uniqueness of the extension programme in India, Qualities of an extension worker, Extension worker as a communicator. Programme planning: meaning, nature, principles & scope of programme planning, steps for making a programme, role of officials, non-officials and agencies in programme implementation. Evaluation: meaning, scope & purpose of evaluation, elements of evaluation process, uses of evaluation, steps involved, types of evaluation, criteria for evaluation, tools in evaluation.

#### **Unit-IV : (Extension Communication)**

Communication: Definition, meaning, nature, types and importance of communication, elements of communication, communication process, and communication models. Communication Channels: Definition, dimensions, classification, and nature of channels, selection of communication channels. Communication Approaches: basic principles and steps in teaching & learning in extension education, extension teaching methods, classification & factors involved in selection of appropriate methods, feature, advantages & limitations of different method of teaching (mass, group, individual). Audio-visual aids in communication, choice, planning, selection & types of visual aids, Audio aids & audio-visual aids, other teaching aids, contribution of audio-visual aids in extension teaching.

#### **Unit-V : (Textiles)**

Textile fibers : Classification of textile fibers, according to sources and chemical composition, manufacturing process - Cotton, Wool Silk, Rayon, Acrylic, Polyester. Fiber to Fabric: Construction yarn making process, types of yarns, fabric construction techniques. Weaving, parts of loom, types of weave and process of weaving. Fabric finishes (textural finishes, Functional finishes). Different types of dyeing and printing methods.

#### **Unit-VI : (Research Methodology)**

Trends in Research in Home Science. Types of Social Science Research. Selecting and defining a research problem. Research Design: Concept, need and features of a research design. Sampling design: Probability and non-probability sampling. Methods of data collection: Primary and secondary data collections. Classification and tabulation of data. Diagrammatical and graphical presentation of data. Analysis of data through parametric and non-parametric statistics. Report writing - interpretation, steps followed and layout of report writing.

## **Logic & Philosophy**

### **PAPER-I**

#### **Group-A : DEDUCTIVE LOGIC**

1. Truth and validity
2. Sentence and proposition
3. Classification of propositions
4. Seven-fold relation of proposition
5. Existential import of propositions
6. Immediate inference : conversion and obversion
7. Categorical syllogism: figure; mood; general syllogistic rules; special rules of different figures; Aristotle's dictum, direct and indirect reduction.
8. Mixed syllogism
9. Fallacies: logical and extra-logical