

Subject-Home Science  
Bilaspur University, Bilaspur

Paper II

REVIEW OF THE SUBJECT-HOME SCIENCE

Unit I

Writing and submission of review of literature-

In area of proposed Ph.D. work, under the supervision of supervisor.

- Importance of food and nutrition and its interrelation to health: dimension of health.
- Food guide-basic five food groups, food exchange list.
- Methods of improving nutritional quality of foods.
- Current nutrition and health status of women and children in India, changing concept and controversies in maternal and child nutrition.
- Malnutrition in mothers and children (etiology and management in brief) nutritional problems of community and schemes and programmes to combat these problems in India.
- Current methodologies for assessment of nutritional status, their interpretation and comparative application of the following- food consumption, anthropometry, clinical and laboratory (biochemical).
- Definition, components, assessment criteria of age specific fitness and health status, energy calculations for various physical activities, resting energy expenditure.
- Alternative systems for health and fitness life- ayurveda, yoga, meditation, vegetarianism and traditional diets.
- Qualitative research in food and nutrition- types of qualitative research, tools, techniques and methodologies, PRA, PLA.
- Contamination, adulteration and preservation of food.



## Unit II

- Meaning concept and principles of growth and development.
- Methods of studying human development.
- Aspect of development in different stages of life.
- Foundation of the developmental pattern, heredity and environment, maturation and learning, motivation, individual differences, impact of play as means of development and learning.
- Importance of early childhood care and education. Current policies and programmes in E.C.C.E.
- Psychology of exceptional children and problem children.
- Theories and principles of guidance and counseling.
- Mental health, definition, concept and importance of mental health.
- Fundamentals of psychometric tests, personality assessment test, interest test, aptitude test and other test.

## Unit III

- Resources- its classification, management and basic characteristics.
- Housing- interior decoration, principles of design, study of color and color schemes.
- Ergonomics- scope of ergonomics in home science and other occupations.
- Concept of work simplification - its importance in home, simple, pen and pencil techniques.
- Decision making- types and models.
- Consumer education - laws protecting consumer, role of consumer society in protecting consumer.
- Entrepreneurship- conceptual framework, types and govt. policies and schemes for enterprise development.

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#### Unit IV

- Origin of clothing- religious influence, clothing symbols, socialization and development of the self.
- Blends and mixtures- non-woven fibres, chemistry of blends, mixtures and nonwoven; their types, properties, development.
- Eco friendly natural fibres.
- Colour.
- Eco friendly natural dyes.
- Dyeing of blends.
- Chemistry of cellulosic fibres, scientific basis of dyeing and printing of textiles.
- Design variation- combination of traditional and modern.
- Textured yarn.
- Social and psychological aspect of clothing.
- Designing dresses for physically challenged people.
- Changes in fashion trends.

#### Unit V

- Management and administration of formal/non formal and extension education monitoring, supervision and evolution of formal, non formal and extension education.
- Vocationalization of home science in India.
- Concept and classification of communication.
- Classroom communications in home science trends.



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Seminar- will be given by the student in her subject of specialization/in the proposed subject of her PhD      20 marks

Project report- will be prepared and submitted by the student in the field of her subject of research      30 marks

### References-

1. Hildebrand Verna (1981) Introduction to Early Childhood Education, N.Y. Macmillan.
2. Kaul, V. (1997). Early Childhood Education Programme, New Delhi. NCERT
3. Muralidharan R. (1991) Guide to Nursery School Teacher. New Delhi. NCERT
4. Berry, J.W., Dasen, P.R. & Saraswathi, T.S. (Eds.) (1997). Handbook Of Cross Cultural Psychology: Basic Processes and Human Development, (2<sup>nd</sup> edition) Boston: Allyn and Bacon.
5. Dattan, N. & Reese, H.W. (Eds.) (1997) Life Span Developmental Psychology. New York Academic Press.
6. Dawson L. & Lonner, W. (Eds.) (1974). Readings in Cross- Cultural Psychology. Hongkong: University Of Hongkong Press.
7. Saraswathi, T.S. (1999), Culture, Human Development and Socialization. New Delhi: sage.
8. Valand, J. (2000). Culture and Human Development.
9. Social And Preventive Medicine By Park
10. Therapeutic Nutrition - Su Rhodwells Williams
11. Therapeutic Nutrition And Diet Therapy - Bell Davidson And Robinson
12. Dietetics - Sri Laxmi
13. Diet Therapy - Willson Fisser And Fuca
14. Diet Therapy - F.P.Antia
15. Normal And Therapeutic Nutrition - Robinson
16. Home Management - Goss And Crendle
17. Home Management - Nickle And Dorsy
18. Resource Management Principle And Application - Deacon R.E. And Firedaugh F.M.
19. The Consumer And The Law - S. George
20. Costume Patterns And Designs- Max Tilake
21. Fashion Designing And Product Development - Carr H. And Pomery J.
22. Introduction To Clothing Production Management - Chuter A. J.
23. Fashion Merchandising An Introduction - Stone E. And Samples J. A.
24. Development Communication - Narulla Uma
25. Communication For Development In Third World Theory And Practice - Saga Publication New Delhi
26. Communication And Development - Issues And Perspectives - Mehta S. R.

