

Subject-Home Science
Shaheed Nandkumar Patel Vishwavidyalaya, Gadh Umariya, Odisha Road, Raigarh

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, (2nd 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.

