

Syllabus for M.A. Home Science Entrance Examination

Nutrition : Essential constituents of Food, Carbohydrate, Protein, Vitamins and minerals, their composition, sources, functions and requirements. Good nutrition, Malnutrition, Under nutrition and Deficiency diseases. Different Food groups and functions of food. Balanced diet and factors affecting Balanced diet. Special diet for common diseases, fever, constipation, diarrhea and T.B. , Need & methods of cooking, effect of cooking on nutritive value, colour, appearance and palatability. Need and methods of preparation, preservation and storage of different food stuffs. Adulteration, common adulterants and Food acts and laws. Classification of food, elementary idea of their digestion and metabolism of food. Elementary ideas about saliva, gastric juices, bile and enzymes. Definition of bacteriology, Yeast and Mould their general functions in nature and in home. Bacteriology of milk and Water. Essential components of food, carbohydrate, Fat Protein Vitamins and Minerals, their requirement function, sources and deficiency disease. Planning Diets – Concept of an adequate diet Foods, principles involved in planning diets. Availability, Quantity, Quality Cleanliness nutritive values, Food habits, measures and metric measures. Infant – Breast feeding, Bottle Feeding weaning baby food p Home Cooked and Commercial. Growth and development in relation to nutrition, feeding problems supplementary foods. Children – Diet of preschool and school going children school Tiffin. Adolescents – Meals at Home and public places, Diet of a college student. Adults – Diets for adults of Various socio-economic group. Diet during pregnancy and lactation. Old age – Food habits of older people, the food requirements and special problems. 8. Diet in diseases and special condition – Importance of diet therapy, Concept of dietetics, modification of normal diets to soft and liquid diets. Diet in fever, Diarrhea, constipation, Peptic Ulcer, Hepatitis, Cardiovascular disease, Hypertension, Diabetes mellitus, Obesity and under nutrition.

Resource Management- Values, Goals and Standard, Principles of Art and their application in home decoration. Flower arrangement. Principles of Design : Structural and Decorative. Colour – Importance, its application in home decoration. Arrangement of various rooms. Planning a home according to family income and requirement. Kitchen – various types of kitchen, equipping and furnishing a kitchen in regards of money, time and labour saving. Household income and expenditure – real income family income, source of income. Family budget, items of budget, items of budget planning for different income levels. Need and method of Account keeping. Household saving, reasons of saving –Bank, Post office, Co-operative, Credit societies, Life insurance, National Saving Certificate. Structure, function and aims of the house hold manifold privileges, abilities of family members, advantages of planned family living. Role of a Good home maker. Human wants and their relative agency. (a). Necessities (b). Comfort (c). Luxuries ,Standard of living, constituents of standard of living. Management of time, money, energy and other resources of the family. Method of work simplification, time and labour saving devices as, Pressure cooker, toaster and electric mixer and electric kettle.

Clothing Textile - Introduction to textile, classification of textile fibers. Fabrics and their construction, Weaving types of weaves. Special finishes – Mercerizing, Sanforizing Bleaching, Beaching, Beatling, Calendaring, Gaping, Glazing, Degumming, Delustring and Gease resisting. Knitting and types of knitting.

House linen, stitching and embroidery : Details of household linen, selection based on characteristics and needs and characteristics of fabrics, thread count, shrinkage, Labels, reliable brands. Some Common household linen : Cushion cover, Pillow cases, Tray covers, Teacosy, Table cloth, Dinner mats, Napkins, Study of different designs. Fitting Problems : Individual fitting problems and how to remedy fitting defects. Study of different Traditional textiles of – (a). U.P. (b). Punjab (c). Gujarat (d). West Bengal.

Human Development- Physiological feature of women for mother hood and Psychological preparation. Pregnancy, Prenatal care – Mother's health food, dress and other necessities. Development of Embryo. Preparation for the child birth and care of the new born. Care of the Infant :- (a). Teething (b). Weaning (c). Common ailments of Child (d).Clothing (e). Formation of Healthy Habits , Feeding of the child – Breast Feeding, Bottle Feeding and Other Food for Children up to 3 year of age, Physical, Mental Emotional, Moral and Social Development of Child, Factors influencing Personality of the child, problems of children behavior. Problems of Infant and Its remedies. Meaning of growth and development, Principles of growth and development, Normal pattern of physical growth and development from birth to adolescence, psychological implication of physiological changes in boys and girls. Social Development – Process and agents of Socialization. Role of inter and intra familiar factors, effect of “peer” and “gang” groups. Types of child rearing practices and factor affecting child rearing practices. Learning Stages of learning, Creativity. Role and significance of nursery School Types and methods of nursery School education. Adjustments and Problems of Adolescence – Physical, Motor. Psychological emotional and moral development. Frustration and conflicts. Philosophy and need for marriage, selection of Partner, advantages of arranged and self choice marriages, establishment of family and adjustment with family members. Children with special needs and their management.

Extension Education - Concept of Home Science, Concept of extension Role of Extension Education in Development of Home Science, Meaning and need of Home Science Extension Education. Role and use of Audio-Visual aids in Extension education. Types of Audio – Visual aids and their importance. Concept of Community Development, Role of Extension Education in rural and urban co0mmunity Development. Kinds of educational institutes – Formal And Non Formal and their contribution to education in India, Teaching and Learning Process. Programme Planning, Controlling and evaluation. Execution of the Programme factors to be considered cost, selection of staff and helping hands, facilities, equipment and Audio-Visual aids. Different National and International Programmes and agencies working for human welfare. Observation, Interviews, Case Study and Questionnaire Schedule.