

HIMALAYAN GARHWAL UNIVERSITY
UTTARAKHAND



Evaluation Scheme & Syllabus
For
Masters of Arts – Home Science
(M.A. – Home Sc.)



HIMALAYAN GARHWAL UNIVERSITY

REVISED SYLLABUS OF MASTER OF ARTS (HOME SCIENCE)

SEMESTER SYSTEM

Program –

Title of the Course shall be **Master of Arts – Home Science**.

Duration -

The total duration of the course shall be of two years, spread over in four semesters.

Eligibility –

Candidates seeking admission in M.A. Home Science must have passed B.A. (10+2+3) with Home Science as a subject or B.Sc. Home Science (10+2+3) from Himalayan Garhwal University, Uttarakhand or any other university or an examination recognized equivalent there to.

Scheme of the Examination –

The following shall be the scheme of the examination.

1. The number of papers and the maximum marks for each paper/practical shall be shown in the syllabus. It will be necessary for a candidate to pass in the theory as well as in the practical part (wherever prescribed) of a paper separately.
2. A candidate to pass at each semester examination shall be required to obtain.
 - i. At least 36% marks in the aggregate of all the papers prescribed for the examination.
 - ii. At least 36% marks in practical wherever prescribed at the examination.

No division will be awarded at the previous semester examination. Division shall be awarded at the end of the final semester examination on the combined marks obtained at the previous and the final semester examination taken together, as noted below –

- i. First Division– 60% of the aggregate marks taken together
- ii. Second Division- 48% at previous & final examination.
- iii. Third Division – 36%



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3. Candidate is required to clear all the papers of all semesters, practical / Dissertation / Project work with a maximum period of four years.
4. The Dissertation/ Project shall be type written and submitted in triplicate.
5. The dissertation/ Project shall be of 150 marks. The distribution of 150 marks will be as under –
 - i. Dissertation Report –50 Marks (By external examiner & internal examiner 25 each)
 - ii. Seminar –50 Marks (By the Board of Internal Examiner)
 - iii. Viva-Voce –50 Marks

The Board of Internal Examiners shall consist of

- (i) Head of the Department.
- (ii) Supervisor Concerned

Where there is any difficulty in the constitution of the internal Board according to the procedure laid down above, the principal will constitute the board.

6. The assessment of internal project work of Practical wherever prescribed shall be done by the internal examiner deputed by the principal within the permanent teachers who are taking practical or internal examiner deputed by the University within the seniority list of the university.

Note:

1. Total practical in one semester will be treated as one practical and reimbursement shall be made accordingly
2. The practical examinations shall be conducted together by one internal and one external expert.



HIMALAYAN GARHWAL UNIVERSITY, UTTARAKHAND

MARKS EVALUATION SCHEME - MA HOME SCIENCE

Semester – I

Paper Code	Paper Name	Internal	External	Total
MAHS101	Computer Basics	30	70	100
MAHS102	English Language and Communication Skills	30	70	100
MAHS103	Human Development (Adolescence and Old Age)	30	70	100
MAHS104	Fabric Construction	30	70	100
MAHS11P	Computer Basics (Practical)	-	50	50
MAHS12P	Fabric Construction (Practical)	-	50	50
Total		120	380	500

Semester – II

Paper Code	Paper Name	Internal	External	Total
MAHS201	Research Methodology	30	70	100
MAHS202	Resource Management and Consumer Science	30	70	100
MAHS203	Food Science	30	70	100
MAHS204	Extension Management and Community Development	30	70	100
MAHS21P	Food Science (Practical)	-	50	50
MAHS22P	Extension Management and Community Development (Practical)	-	50	50
Total		120	380	500

Semester – III

Paper Code	Paper Name	Internal	External	Total
MAHS301	Therapeutic Nutrition	30	70	100
MAHS302	Apparel Design and Construction	30	70	100
MAHS303	Rural Sociology	30	70	100
MAHS304	Traditional Embroideries	30	70	100
MAHS31P	Therapeutic Nutrition (Practical)	-	50	50
MAHS32P	Apparel Design and Construction (Practical)	-	50	50
Total		120	380	500

Semester – IV

Paper Code	Paper Name	Internal	External	Total
MAHS401	Guidance and Counseling	30	70	100
MAHS402	Family Housing and Interior Decoration	30	70	100
MAHS403	Family Dynamics	30	70	100
MAHS404	Project on women Entrepreneurship/ Dissertation	30	70	100
MAHS41P	Guidance and Counseling (Practical)	-	50	50
MAHS42P	Family Housing and Interior Decoration (Practical)	-	50	50
Total		120	380	500
Grand Total		480	1520	2000



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MASTER OF ARTS (HOME SCIENCE)

SEMESTER SYSTEM

M.A. I Semester

Paper	Code	Name of the Paper	Marks	Theory period/ Week	Practical period/ Week
I		Computer Basics	100	6	4p/w *
II		English Language and Communication skills	100	6	-
III		Human Development- (Adolescence to Old Age)	100	6	-
IV		Fabric Construction	100	6	4p/w *
		Practical	50 each	-	-
		*Computer Basics			
		*Fabric Construction			
		Total Marks	500	-	-

*-Two periods continuously for two days in a week i.e. 4 periods.

M.A. II Semester

Paper	Code	Name of the Paper	Marks	Theory period/ Week	Practical period/ Week
I		Research Methodology	100	6	-
II		Resource Management and Consumer Science	100	6	-
III		Food Science	100	6	4p/w *
IV		Extension Management and Community Development	100	6	4p/w *
		Practical	50 each	-	-



		*Extension Management and Community Development			
		*Food Science			
		Total Marks	500-		-

*-Two periods continuously for two days in a week i.e. 4 periods.

M.A. III Semester

Paper	Code	Name of the Paper	Marks	Theory period/ Week	Practical period/ Week
I		Therapeutic Nutrition	100	6	4p/w *
II		Apparel Design and Construction	100	6	4p/w *
III		Rural Sociology	100	6	-
IV		Traditional Embroideries	100	6	-
		Practical	50 each	-	-
		*Therapeutic Nutrition *Apparel Design and Construction			
		Total Marks	500	-	-

* Two periods continuously for two days in a week i.e. 4 periods.

M.A. IV Semester

Paper	Code	Name of the Paper	Marks	Theory period/ Week	Practical period/ Week
I		Guidance and Counseling	100	6	4p/w *
II		Housing and Interior Decoration	100	6	4p/w *
III		Family Dynamics	100	6	-
IV		Project on Women Entrepreneurship/ Dissertation	150	6	-



	Practical *Guidance and Counseling * Housing and Interior Decoration	25 each	-	Only Internal Assessment
	Total Marks	500	-	-

* Two periods continuously for two days in a week i.e. 4 periods.

Note:

Details of distribution of marks of Project / Dissertation is given on Page No. two.



HIMALAYAN GARHWAL UNIVERSITY, UTTARAKHAND

DETAILED SYLLABUS OF MA- SOCIOLOGY

Semester – I

Paper 1: MAHS101 Computer Basics

Teaching Periods: 90/Semester

Max. Marks: 100

Objectives:

- To enable the students to know the basics of computer.
- To able to use computers for education, information and research

Unit I

Introduction to Computers

(periods: 10)

- What is Computer
- Characteristics of Computer
- Generation of Computers
- Classification of Computers
- Hardware & Software
- Input & output devices
- Data Representation & Processing

Unit II

Windows

(periods: 10)

- Features of Windows
 - Date & Time
 - Display
 - Fonts
 - Mouse
 - Find
 - Run

Unit III

MS-WORD

(periods: 10)

- Starting Word
- Creating Documents
- Parts of Word Window
- Formatting Features
- Toolbars & their Icons
- Tables



Unit IV

MS-Excel

(periods: 10)

- a) Starting MS-Excel
- b) Toolbars & their icons
- c) Selecting Cells
- d) Entering & Editing text
- e) Entering Numbers
- f) Entering cell contents
- g) Formulas
- h) Creating the charts

Unit II

MS-PowerPoint

(periods: 10)

- a) Starting PowerPoint
- b) Creating Power Point Presentation
- c) Editing Text on Slide
- d) Formatting Text
- e) Formatting Paragraphs
- f) Checking Text
- g) Using Clip Art Gallery
- h) Develop a Slide Show

Unit V

Internet

(periods: 6)

- a) Computer Network (LAN, MAN, WAN)
- b) What is Internet?
- c) Use of Internet
- d) Software & Hardware requirements of Internet
- e) Search Engines & Search of a topic
- f) Advantages & Disadvantages
- g) Creation & use of E-mails

References:

1. अग्रवाल, गौरव ;2009द्व कम्प्यूटर का परिचय, शिवा प्रकाशन, इन्दौर
2. Sinha, P.K. (2007), Computer Fundamental, BPB Publication, New Delhi.
3. Arora, Sumita (2009), Information Technology, Dhanpat Rai Publication, New Delhi, Class 9th & 10th.
4. Jain, Satish (2009), Dos 6 & 6.22 Companion, BPB Publication, New Delhi.



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Paper 2: MAHS102 English Language & Communication Skills

Teaching Periods: 90/Semester

Max. Marks: 100

Objectives:

- To facilitate learner's ability to use English for academic and professional purposes note taking, note making, bibliography, writing proposals, projects, reports, research articles.
- Reading and comprehending text books, reference books and journals from other subject areas of Home Science.
- Social purposes of becoming aware of the social conventions of conversation and Sensitivity to the emotions aspects of communication.

Unit I

Introduction to Communication

(periods: 20)

- a) What is communication?
- b) The Importance of effective Communication.
- c) Principles of communication – clarity, completeness, conciseness, consideration, courtesy, correctness.

Unit II

Aids to correct writing

(periods: 15)

- a) Nouns, Pronouns, Adjectives, Articles, Verbs, Adverbs, Preposition, Conjunctions, Punctuation, Vocabulary
- b) Synonyms, Antonyms, one word substitution, Idioms & Phrases.

Unit III

Letter Writing

(periods: 20)

- a) Layout of letter, types of letter – business letter, application, letter.

Unit IV

Report writing

(periods: 20)

- a) Importance, types of reports, parts of reports, preparing the report.

Unit V

Essay Writing & Precise Writing

(periods: 15)

References:

1. Mohan, Krishna and Raman, Meenakshi (2000) Effective English Communication. Tata McGraw Hill Publishing Company, New Delhi.
2. Sasikumar, V and Dhamija, P. V (2007). Spoken English - A Self learning Guide to Conversation Practice. (2nd ed) Tata McGraw-Hills Publishing Co.Ltd. New Delhi.



Paper3: MAHS103 Human Development - (Adolescence to Old Age)

Teaching Periods: 90/Semester

Max. Marks: 100

Objectives:

- To undertake an advanced study of the stages in human development with specific focus on adulthood and old age.
- To understand concerns and issues related to aging.

Unit I

Adolescence (Early & Late Adolescence)

(periods: 25)

Introduction to adolescence-different views of eminent psychologists.

Self Development of the self-different perspectives, construct of self and identity formation.

Vocational aspiration & opportunities, education & carrier problems.

Self-enhancement techniques.

Helping youth: Prevention, Intervention, Rehabilitation and environment consideration.

Unit II

Early Adulthood (20-40 years)

(periods: 15)

Physical, intellectual, social and personality development during early adulthood.

Transition to adulthood- Security, marriage, marital adjustment.

Unit III

Middle Adulthood (40-50 years)

(periods: 20)

Continuity and change, health and disease, menopause in women.

Occupational aspect-work and carrier development.

Unit IV

Late Adulthood (50-60 years)

(periods: 15)

Psychological and social adjustment.

Planning for retirement-consequences and adjustment.

Health and disease.

Unit V

Old Age (After 60 years)

(periods: 15)

Physical aspect of aging.

Change in personality-social, emotional, cognitive abilities and intellectual aspect.

Creative adjustment in aging.

Intergenerational problems.

References:

1. Berk, L.E. (1996): Child Development, New Delhi: Prentice Hall.
2. Lerner; R.M. Hultch, D.F. (1983): Human Development: A Life span perspective N.Y. Mc Graw Hill



3. Mussen, P. N. Congor, J.J, Kagan. J & Huston AC (1990) Child Development and personality (7th Ed.) N.Y. Harper Collis.
4. Sarasvathi T.S. and Kaur B. (1993): Human Development and family studies in Indian: An agenda for research and policy, New Delhi, sage Publication.
5. Bhatia, M.S. (1983): Ageing and Society, Udaipur: Arya's Book centre.
6. Randhawa: M.S. (1991): The Rural and Urban Aged: New Delhi: National Book organization.
7. Sinha J.M P (1989): Problems of Ageing, New Delhi, Classical Publishing Company:
8. संतोष मित्तल एवं दीपशिखा मित्तल : बाल मनोविज्ञान : University Book House, 79, Chaura Rasta Jaipur – 3.
9. शुक्ल बी. के. आर : मानव उद्विकास : University Book House Jaipur.
10. ाशि चित्तौडा : शिशु एवं बाल मनोविज्ञान : University Book House Jaipur.
11. पारिक, मधुरेश्वर : बाल विकास एवं पारिवारिक सम्बन्ध : University Book House Jaipur.
12. Sarla Grover: Researches in Human Development: University Book House Jaipur.
13. खरे आशा : खेल खिलौने एवं बाल विकास : University Book House Jaipur.

Journal:

1. Journal of family welfare: Family Planning Association of India, Bajaj Bhavan, Nariman Point Bombay 400021.

Paper4: MAHS104 Fabric Construction

Teaching Periods: 90/semester

Max. Marks: 100

Objectives:

- To develop ability to create basic weaves.
- To enable students to learn techniques and methods of developing fabric using different fibers and yarns.

Unit I

Study of Yarn

(periods: 20)

- i. Spinning method
- ii. Yarn Classification
- iii. Yarn numbering system- Cotton count, denier.

Unit II

Principles of fabric manufacture

(periods: 16)

- i. Basic principles
- ii. Characteristics and significance of different processes.
- iii. Woven, knitted and non-woven laces and braids



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Unit III

Weaving technology

(periods: 10)

- i. Parts and functions of handlooms and power looms.
- ii. Types of weaves

Unit IV

Knitting technology

(periods: 20)

- i. Types of knits
- ii. Designing of knits
- iii. Knitting machines- flat, circular

Paper 5: MAHS11P Computer Basics (Practical)

Max. Marks: 50

(Periods: 24)

1. Window XP

- a) Starting & shutting Computer, Moving windows, Display Properties.
- b) Exploring Disk, Files & Folders.
- c) Use of CDs & Pen drives

2. MS-Word

- a) Creating new word document, Open existing document, Save, Print, Page Setup, Close, Exit.
- b) Edit, View, Insert, Format, Tools menus

3. MS- Power Point

- a) Starting presentation , Improving presentation, Create Presentation using Auto Content Wizard & Using power point Templates, Copying Text, Moving Text, Deleting Text, Aligning Text in a Slide,
- b) Changing fonts, Adding Symbols, Using Clip Art Gallery, Animate text and Graphic Object

4. Internet

- a) Opening web page
- b) E-mail
- c) Search Engines
- d) Downloading files from Internet



Paper 6: MAHS12P Fabric Construction (Practical)

Max. Marks 50

(Periods: 24)

- i. Collection of samples of woven fabrics. Identification of weaves by visual examination using magnifying glass.

- ii. Drafting and lifting plan of different weaves on graph paper
- iii. Sample preparation of following weaves on handloom Plain, Twill, Basket, Rib, Pile, Satin, Check, Stripes.

References:

1. Corbman, B.P. (1985): Textile Fibre to Fabric, Mc Graw Hill, New York.
2. Joseph, M.L. (1976): Essentials of Textiles, Holt Ripenhart of Winston, New York.
3. Joseph, M.L. (1972): Introductory Textile Science, Holt Ripenhart of Winston, New York.
4. Tortora, P.G. (1978): Understanding Textiles, New York, Mac Millan Publishing Inc.
5. Wingate, I.B. (1976): Textile Fabrics and their Selection, Englewood Cliffs (New Jersey), Prentice Hall, Inc.

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DETAILED SYLLABUS OF MA- SOCIOLOGY

Semester - II

Paper7: MAHS201 Research Methodology

Teaching Periods: 90/semester
Max. Marks: 100

Objectives:

- To enable students to understand the fundamental principles and techniques of methodology concerning research.
- Prepare research tool applicable to development issues, and Develop skills in documentation.

Unit I

Knowledge & Research

(periods: 15)

1. Methods of acquiring knowledge.
2. Definition, nature and steps in research.
3. Need of research in Home Science

Unit II

Types of Research

(periods: 20)

1. Historical
2. Survey
3. Experimental
4. Case study



Unit III

Research Problem and Hypothesis

(periods: 20)

1. Definition and identification of Research Problem, Selection of Research Problem, basic kinds of problem and limitations of the problem.
2. Nature, types and functions of Hypothesis.

Unit IV

Sample and Data Gathering Instruments

(periods: 15)

1. Type of Samples and Selection of samples.
2. Data Gathering Instruments – Inquiry form, interview, observation, Sociometric techniques and Projective techniques

Unit V

Research Design

(periods: 20)

1. Definition and kinds of Research Design
2. Basic principles of Research Design
3. Purpose of Research Design.
4. Presentation & Interpretation of Data

References:

1. Bajpai, S.R. (2007), Methods, F. Social Survey and Researc, Kitab Ghar, Kanpur.
2. श्रीवास्तव, डी0एन0 (2004), अनुसन्धान विधियाँ, साहित्य प्रकाशन, आगरा।
3. पाण्डेय गणेश व पाण्डेय, अरुणा (2005) शोध प्रविधि, राधा पब्लिकेशन्स, नई दिल्ली।

Paper 8: MAHS202 Resource Management and Consumer Science

Teaching Periods: 90/semester

Max. Marks: 100

Objectives:

- To create an awareness among students about management in the family as well as the other systems.
- To understand concerns and issues related to consumer

Unit I

Family Resource Management

(periods: 25)

- a. Meaning, basic concept, misconceptions and obstacles
- b. Components of home management- *values, goals and standards*
- c. Process of management
- d. Decision Making in Home Management and development of resources.



Unit II
Consumer Behaviour and Problems

(periods: 20)

- a. Problems faced by an Indian Consumer
- b. Sources of Consumer Information
- c. Government programmes for consumer protection-
standardization, quality control, fixation of prices, labeling and adulteration control
- d. Consumer Laws

Unit III
Budgeting and Accounting

(periods: 15)

- a. *Budgeting-definition, importance and steps in planning a budget*
- b. Types of family Budget-*implementation, controlling and evaluation*

Unit IV
Market

(periods:15)

- a. Definition and classification of market
- b. Wholesale and retail market
- c. Buying practices- *What, When, Where and How*

Unit V
Money and Income

(periods:15)

- a. Money-*Importance, types and functions*
- b. Income-*Types*
- c. Standard of Living-*concept, factors affecting lowering and raising the standard of living*

Reference:

1. Gross Crandall: Management for Modern Families: Wiley Eastern Ltd. New Delhi.
2. भार्गव बेला : गृह प्रबन्ध, साधन व्यवस्था वं आन्तरिक सज्जा – University Book House, Jaipur.
3. भार्गव बेला :ः झरेलू बजटए वं क्रय शक्ति प्रबन्धन – University Book House, Jaipur
4. Bharthi V.V.: Family Resource Management – University Book House, Jaipur.
5. पारिवारिक वित्त : हिन्दी ग्रन्थ अकादमी। पाटनी : मंजु : गृह प्रबन्ध, स्टार पब्लिकेशन आगरा।



Paper9: MAHS203 Food Science

Teaching Periods: 90/semester

Max. Marks: 100

Objectives:

To enable students to

- Understand the special characteristics of food service establishments.
- Understand the concept of nutritional status and its relationship to health.
- Know the methods used for assessment of nutritional status.

Unit I

Introduction to Nutrition sciences:

(periods: 15)

Recommended dietary allowances, balanced diet, energy metabolism (basal metabolic rate and resting energy expenditure).

Unit II

Assessment of nutritional status:

(periods: 15)

Clinical signs/symptoms, dietary data, anthropometric indices, biochemical parameters, advantages and limitations of each method, improving the nutrition of society.

Unit III

(periods: 10)

National nutrition policies and supplementary feeding programmes, national and international agencies in the field of nutrition.

Unit IV

Evaluation of foods:

(periods: 10)

Visual examination and sensory evaluation (colour, texture, flavour and taste).

Unit V

(periods: 16)

Principles and functions of catering management- types of food services (schools, industrial canteens, hospitals, travel catering), personnel and financial management, menu planning and catering services, food laws.

References:

1. Swaminathan M Essentials of foods and nutrition Vol 1 & 11: Ganesh and Co., Madras.
2. Sethi M. Malhan S (1993): Catering management: An integrated approach. Wiley eastern, New Delhi
3. Amerine M A, Pangborn R M, Reiser E B (1965): Principles of sensory evaluation of foods; Academic press. New York
4. Srilakshmi B. Nutrition science New Age International (P) Limited, Publishers, New Delhi



PAPER 10: MAHS204 Extension Management and Community Development

Teaching Periods: 90/semester

Max. Marks: 100

Objectives:

To enable students to

- Understand the widening concept of extension education
- Understand the role of agencies associated with extension education for rural development
- Understand the role of community development programmes in India.

Unit I

Scope of Home Science

(periods: 15)

Need, importance, contribution in different fields of development.

Home Science Extension Education-Definition, Meaning, Scope, Objectives, Need, Importance, Philosophy, Principles, Concept, Role in Women's Welfare programmes.

Unit II

Extension Management

(periods: 20)

Teaching Methods-Introduction, Classification of extension teaching methods: A Direct Contact, Demonstration, handling and use of audio visual aids, conducting meetings, conferences and tours, arranging exhibitions.

Unit III

Agencies associated with extension education for rural development.

(Periods: 10)

Unit IV

Community Development

(periods: 15)

Definition, meaning, chief element, principle, objectives, philosophy, types, process, scope, community development programmes in India.

Unit V

Audio Visual Aids in Home Science Extension Education.

(periods: 10)

Paper 11: MAHS21P Food Science (Practical)

Max. Marks: 50

(periods: 24)

1. Acquaint the students with the methods of assessment of nutritional status. Carry out one case study to assess and evaluate the nutritional status of a person.
2. Visit any food service institution and study the 1) organization 2) physical plan and layout 3) food service equipment 4) sanitation and hygiene 5) types of meal service. Prepare and present a report.
3. Preparation & food service of Recipes from different Indian States.
4. Preparation of Low Cost Recipes with high Nutritive Value.



Paper12: MAHS22P Extension Management and Community Development (Practical)

Max. Marks 50

(periods: 20)

Preparation of Audio Visual Aids in Home Science Extension Management-Chart, Poster, Puppet, Flannel graph.

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DETAILED SYLLABUS OF MA- SOCIOLOGY

Semester - III

Paper 13: MAHS301 Therapeutic Nutrition

Teaching Periods: 90/Semester

Max. Marks: 100

Objectives:

This course will enable the student to

- Understand the physiology of human body.
- Understand the modifications of normal diet for therapeutic purposes.
- Understand the role of the dietician in preventive, promotive and curative health care.

Unit I

Human physiology

(periods: 15)

Definition of anatomy and physiology, importance of the study of physiology, brief overview of sense organs, nervous system, endocrine system, gastro-intestinal system, excretory system and immune system

Unit II

Therapeutic nutrition:

(periods: 15)

Definition, importance and scope, adaptation of normal diet for therapeutic purposes (soft diet, full fluid diet, bland diet etc)

Unit III

Dietetics:

(periods: 24)

Etiology, causative factors, preventive measures and planning of diets in febrile conditions (acute fever, typhoid, tuberculosis), gastro-intestinal disorders (diarrhoea, constipation, peptic ulcers), kidney diseases (acute and chronic nephritis), diabetes mellitus, cardio-vascular diseases (hypertension, coronary artery disease) and post-surgery diets.

References:

1. Robinson C H, Lawler M R, Chenourth WC. (1986): Normal and Therapeutic Nutrition. 17th ed., Mac Millan publishing Co.
2. Gopalan C et al, (1993): Nutritive value of Indian foods.
3. Joshi S A (1992) Nutrition & Dietetics: Tata Mc Graw Hill Publication, New Delhi
4. Sabherwal B. Meal Management, University Book House, Jaipur.



Paper 14: MAHS302 Apparel Design and Construction

Teaching Periods: 90/Semester

Max. Marks: 100

Objectives:

- To develop an understanding of the principles of pattern making
- To impart more elaborate skills in clothing construction

Unit I

Selection of Clothing

(periods:10)

Scope and types of design-Structural and Decorative

Factors influencing selection of fabrics-budget, age, sex, season, occasion, occupation, figure, fashion.

Unit II

Principles of Design

(periods: 10)

Elements of arts with reference to clothing

Principles of design as applied to apparel design

Unit III

Fashion

(periods: 10)

Factors influencing fashion, Fashion cycle-innovation, rise, peak, decline, and fade.

Care of household textiles-Renovations and mending according to fashion

Unit IV

Principles of Clothing Construction

(periods: 20)

General principles of drafting and making paper pattern

Taking body measurement for different types of garments

Preparation of fabric for garment making

Layout of patterns, cutting and stitching.

Paper 15: MAHS303 Rural Sociology

Teaching Periods: 90/Semester

Max. Marks: 100

Objectives:

To enable students to

- Understand the Indian Rural Problems
- Understand the national efforts towards rural development.

UNIT I

Rural Sociology

(periods: 20)

Rural Sociology - *Definition, Scope and Importance*



Signature



UNIT II

Rural community

(periods: 20)

Rural Community -*Characteristics, contrast with urban community.*
Structural Differences-*Urban, Rural, Tribal.*

UNIT III

Indian Rural Problems

(periods: 20)

Indian Rural Problem-

1. Problem of unemployment.
2. Problem of casteism
3. Indebtness
4. Illiteracy
5. Farmer's dissatisfaction

UNIT IV

Rural Leadership

(periods: 15)

UNIT V

Rural Reconstruction.

(periods: 15)

References:

1. देसाई ए. आर भारतीय ग्रामीण समाजशास्त्र University Book House, Jaipur.
2. Doshi S. L. Rural Sociology, University Book House, Jaipur.
3. Ahuja Ram Social Problems in India University Book House, Jaipur.
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5. Mukarjee R. N. ग्रामीण समाजशास्त्र
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2. Social welfare]Central Social Welfare Board Samaj Kalyan Bhavan, B-12
3. समाज कल्याण : T.C. Institutional Area south of IIT, New Delhi.
4. Kurukshetra : Director, Publication Division Patiala House
5. कुशुक्त्र, New Delhi 110 001.
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8. Social Change Council for Social Development, Kalpana Printing House, L – 4, Green Park Extn., New Delhi.



Paper 16: MAHS304 Traditional Textiles & Embroideries of India

Teaching Periods: 90/Semester

Max. Marks: 100

Objectives:

- To impart knowledge within students related to traditional embroideries.
- To impart knowledge about the traditional textiles of India.

Unit I

History of traditional embroidery of India, famous cities for embroidery. (Periods: 20)

Unit II

Traditional embroideries of India (Periods: 35)

- Kasuti of Karnataka
- Phulkari of Punjab
- Sindhi embroidery.
- Chikankari of Uttar Pradesh
- Kantha of Bangal
- Kutch Kathiwar of Gujarat.

Study of above embroideries with emphasis to texture, design and colour.

Unit III

Traditional textiles of India (Periods: 35)

- Patola of Gujarat, Orrisa and Cuttak (Ikat)
- Tie and Dye of Rajasthan and Gujarat
- Brocades of Hyderabad, Banaras and Gujarat
- Shawls of Kashmir
- Dacca Muslin and Chanderi Sarees

Study of above traditional textiles with emphasis to texture, design and colour.

Paper 17: MAHS31 Therapeutic Nutrition (Practical)

Max. Marks: 50

(periods: 36)

1. Market survey of low cost nutritive foods available in various seasons
2. To plan, calculate the important nutrients, prepare as well as provide counseling for various therapeutic diets: 1) febrile conditions 2) gastro-intestinal disorders 3) kidney diseases 4) diabetes mellitus 5) cardio-vascular diseases and 6) post-surgery conditions.

Paper 18: MAHS32 Apparel Design and Construction (Practical)

Max. Marks: 50

(periods: 40)

1. Apparel Design & Construction

Handling of Sewing machine

Sewing techniques-

Basic seams, seam finishes, fullness, gathers, pleats, darts, cuffs, tucks etc. Placket opening and its variations, fasteners, finishing of necklines and collars, types of sleeves



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Drafting of Adult basic bodice block/adult sleeves block and stitching of plain designer blouse and ladies kurta.

2. Traditional Embroideries

One article using traditional embroideries.

HIMALAYAN GARHWAL UNIVERSITY, UTTARAKHAND

DETAILED SYLLABUS OF MA- SOCIOLOGY

Semester - IV

Paper 19: MAHS401 Guidance And Counseling

Teaching Periods: 90/Semester
Max. Marks: 100

Objectives:

- To introduce counseling
- To understand the need for guidance in human development.

Unit I

Counseling

(periods: 15)

Meaning, scope and principles of counseling.

Techniques of counseling-directive, non-directive and behavioral.

Unit II

The Counselor

(periods: 15)

Role and responsibilities of counselor

Personality and training of counselor.

Unit III

Guidance

(periods: 10)

Meaning, need and principles of guidance.

Group guidance-principles and techniques.

Unit IV

Organization of Guidance programme

(periods: 16)

Forms, principles and characteristics.

Role of different personnel's.

Unit V

Guidance Programmes

(periods: 10)

At primary and secondary school level.

At college, university and professional institution level.



Paper 20: MAHS 402 Family Housing And Interior Decoration

Teaching Periods: 90/Semester

Max. Marks: 100

Objectives:

- To impart knowledge within students related to family housing and finance.
- Enabling the students to understand the principles and skills used in interior decoration.

SECTION A – FAMILY HOUSING

Unit I

Family Housing

(periods: 5)

Needs- *protective, economic, affectional and social*

Unit II

House Planning

(periods: 15)

Selection of site, factors affecting house planning-orientation, room organization, space requirements for various activities.

House Plans for different income groups

Unit III

Housing Finance and Construction

(periods: 15)

House Owning and Renting- advantages and disadvantages

Factors influencing cost of a house

Financing agency- *L.I.C., Banks, Housing Board, Cooperative Housing Societies*

Building Materials used in construction and finishing

SECTION B- INTERIOR DECORATION

Unit IV

Design

(periods: 15)

Importance of good taste: Type of Design-*Structural and decorative, Aims in Design- beauty, functionalism, expressiveness.*

Elements of Design- *line, form, texture space, pattern, light*

Colour-*importance, classification of colour according to prang colour theory.*

Dimensions of Colour- *hue, value intensity*

Types of colour scheme

Principles of design- *harmony, balance, proportion, rhythm, emphasis*

Unit V

Furniture & Furnishings

(periods: 12)

Selection of furniture

Principles of furniture arrangement

Materials used in furniture

Factors influencing furnishing for houses-*Curtains and floor coverings*



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1. Deshpande, R.S. (1943): Build your own Home, 6th Ed. United Book Corporation, Poona.
2. Anna H. Rutt: Home Furnishing, John Wiley Eastern Private Ltd. N. Y.
3. Gross Crandall: Management for Modern Families : Wiley Eastern Ltd. New Delhi.
4. भार्गव बेला : गृह प्रबन्ध, साधन व्यवस्था व आन्तरिक सज्जा – University Book House, Jaipur.
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Paper 21: MAHS403 Family Dynamics

Teaching Periods: 90/Semester

Max. Marks: 100

Objectives:

- Acquire knowledge and insights about the dynamics of contemporary marriage and family systems in India.
- To understand family as component of social-cultural context.
- To understand concerns and issues related to family.

Unit I

Family

(periods: 20)

Family-structure, functions, roles and relationships.

Secure and insecure experiences of the family, death, divorce, alcoholism, illness and unemployment.

Unit II

Burning Issues of the family and child

(periods: 20)

Burning issues regarding children-*child labour, child abuse, dyslexia and autism.*

Burning issues regarding family- *domestic violence, living together without marriage, single parenthood and Double Income No Kids (DINKS).*

Stress and coping strategies in family.

Unit III

Empowering Parents

(periods: 15)

Recognizing and empowering parents with special needs.

Working parents.

Parents of disable children.

Parents of adopted child.

Unit IV

Theories of Child Behaviour

(periods: 20)

Freud- A Psycho Analytical theory of Freud

Piaget-Four stages of cognitive development

Unit V

Modern trends and future of families changing roles and relationship.

(periods: 15)



Paper 22: MAHS404 Project on Women Entrepreneurship/ Dissertation

Teaching Periods: 90/Semester

Max. Marks: 150

Objectives:

- To develop skills in entrepreneurship
- To understand the principles of planning, organizing and controlling in different units.
- Gain knowledge to manage manpower and establish good human relations
- Gain experience in financial management.

Paper 23: MAHS41P Guidance And Counseling (Practical)

(Internal Assessment) Max.Marks: 25

(periods: 24)

Guidance & Counseling

Compile articles and research reviews on various aspects of guidance and their critical evaluation.

Family Dynamics

Assignment on Burning Issues of the family and child

Paper 24: MAHS42P Family Housing And Interior Decoration (Practical)

(Internal Assessment)Max. Marks: 25

(periods: 28)

Architectural Symbol & house plans for different income groups

Showing furniture arrangement in various rooms.

Drawing colour wheel, value chart and colour planning of different rooms.



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