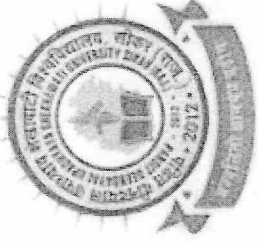


M.A. Home Science

(Effective from Academic Year 2024-2025 onwards)



शेखावाटी विश्वविद्यालय
Shekhawati University

Syllabus

Pandit Deendayal Upadhyaya Shekhawati University

Sikar (Rajasthan) 307026

E-mail: reg.shekhauni@gmail.com

Website: www.shekhauni.ac.in

21/-
Dy. Registrar
Pandit Deendayal Upadhyaya
Shekhawati University,
Sikar(Rajasthan)

Curriculum Structure									
Session 2024-2025 onwards									
Name of the Programme: M.A. Home Science									
Year: First					Semester: I (Pawas)				
Course Code	Course Title	Contact Hrs. per Week			Credits	Weightage (%)			ETE
		L	T	P		CW\$	MTE		
Discipline Specific Core(DSC):									
24MHM9101T	Advanced Nutrition and Food Science	4	0	0	4	20	10	70	
24MHM9102T	Human Development	4	0	0	4	20	10	70	
24MHM9103T	Textiles fibers and their properties	4	0	0	4	20	10	70	
24MHM9101P	Practical-I	0	0	4	1	--	--	100	
24MHM9102P	Practical-II	0	0	4	1	--	--	100	
24MHM9103P	Practical-III	0	0	4	2	--	--	100	
Discipline Specific Elective(DSE):									
24MHM9104T	Gender in Extension and Development	4	0	0	4	20	10	70	
OR									
24MHM9105T	Entrepreneurship Management	4	0	0	4	20	10	70	
Value Added Course:									
--	--	--	--	--	2	--	--	--	
Seminar/Internship/Dissertation (S/I/D):									
--	--	--	--	--	--	--	--	--	
		Total			22				

Summary: I Semester			
S.N.	Particulars	Credits	
1.	Discipline Specific Core(DSC):	16	
2.	Discipline Specific Elective (DSE):	04	
3.	Value Added Course	02	
4.	Seminar/Internship/Dissertation(S/I/D):	--	
Total		22	
\$CW (Class work): It would include attendance, assignments, class test/quiz test/assignments, ppt, play, learn by fun activities etc.			


 Dy. Registrar
 Pandit Deendayal Upadhyaya
 Shekhawati University,
 Sikar(Rajasthan)

Curriculum Structure									
Session 2024-2025 onwards									
Name of the Programme: M.A. Home Science									
Year: First						Semester: II (Vasant)			
Course Code	Course Title	Contact Hrs. per Week			Credits	Weightage (%)			
		L	T	P		CWS	MTE	ETE	
Discipline Specific Core (DSC):									
24MHM9201T	Introduction to Basic Design	4	0	0	4	20	10	70	
24MHM9202T	Extension Education	4	0	0	4	20	10	70	
24MHM9203T	Family Resource Management	4	0	0	4	20	10	70	
24MHM9201P	Practical-I	0	0	4	1	--	--	100	
24MHM9202P	Practical-II	0	0	4	1	--	--	100	
24MHM9203P	Practical-III	0	0	4	2	--	--	100	
Discipline Specific Elective (DSE):									
4MHM9204T	Fashion Designing	4	0	0	4	20	10	70	
OR									
4MHM9205T	Community Health Management	4	0	0	4	20	10	70	
Value Added Course:									
--	--	--	--	--	2	--	--	--	
Seminar/Internship/Dissertation (S/I/D):									
--	--	--	--	--	--	--	--	--	
		Total			20				

Summary: II Semester		
S.N.	Particulars	Credits
1.	Discipline Specific Core(DSC):	16
2.	Discipline Specific Elective (DSE):	04
3.	Value Added Course	02
4.	Seminar/Internship/Dissertation(S/I/D):	--
Total		22
\$CW (Class work): It would include attendance, assignments, class test/quiz test/assignments, ppt, play, learn by fun activities etc.		


 Dy. Registrar
 Pandit Deendayal Upadhyaya
 Shekhawati University,
 Sikar(Rajasthan)

Curriculum Structure										
For Session 2024-2025 onwards										
Name of the Program: Master of Home Science					Semester: III (Pawas)					
Year: Second		Course Code	Course Title	Contact Hrs per Week			Credits	Weightage (%)		
				L	T	P		CW\$	MTE	ETE
Discipline Specific Core (DSC):										
24MHS9301T		Research Methodology		4	0	0	4	10	20	70
24MHS9302T		Advance Nutrition and Dietetics		3	0	0	3	10	20	70
24MHS9301P		Practical		0	0	2	1	--	--	100
Discipline Specific Elective (DSE): (Select any Four out of Six)										
24MHS9303T		Early Childhood Care and Education		3	0	0	3	10	20	70
24MHS9302P		Practical		0	0	2	1	--	--	100
24MHS9304T		Nutrition Science		4	0	0	4	10	20	70
24MHS9305T		Consumer Protection		3	0	0	3	10	20	70
24MHS9303P		Practical		0	0	2	1	--	--	100
24MHS9306T		Traditional Textiles and Costumes Of India		3	0	0	3	10	20	70
24MHS9304P		Practical		0	0	2	1	--	--	100
24MHS9307T		Information And Communication Technology		4	0	0	4	10	20	70
24MHS9308T		Mother And Child Care		3	0	0	3	10	20	70
24MHS9305P		Practical		0	0	2	1	--	--	100
Value Added Course(VAC):										
---		---		--	--	--	2	--	--	--
Seminar/Internship/Apprenticeship/Project/Community Outreach (S/I/A/P/C):										
---		---		--	--	--	--	--	--	--
Total							26			

Summary: III Semester (Pawas)			Credits
S.N.	Particulars		
1.	Discipline Specific Core(DSC):		08
2.	Discipline Specific Elective (DSE):		16
3.	Value Added Course (VAC):		02
4.	Seminar/Internship/Apprenticeship/Project/Community Outreach (S/I/A/P/C):		00
Total			26
\$CW (Class work): It would include attendance, class test/quiz test/assignments, ppt, play, learn by fun activities etc.			

Note: VAC to be selected from the list of VAC courses for PG, given on University website.

hiv
 Dy. Registrar
 Pandit Deendayal Upadhyay
 (Rajasthan)
 Sikar

Curriculum Structure									
For Session 2024-2025 onwards									
Name of the Program: Master of Home science									
Year: Second		Semester: IV (Vasant)							
Course Code	Course Title	Contact Hrs per Week			Credits	Weightage (%)			
		L	T	P		CW\$	MTE	ETE	
Discipline Specific Core (DSC):									
24MHS9401T	Programme Management For Rural Development	3	0	0	3	10	20	70	
24MHS9401P	Practical	0	0	2	1	--	--	100	
Discipline Specific Elective(DSE): Select any Two									
24MHS9402T	Children With Special Needs	4	0	0	4	10	20	70	
24MHS9403T	Sports Yoga And Physical Fitness	4	0	0	4	10	20	70	
24MHS9404T	Entrepreneurship Development	4	0	0	4	10	20	70	
24MHS9405T	Human Physiology	4	0	0	4	10	20	70	
Value Added Course(VAC):									
---	---	--	--	--	--	--	--	--	--
Select Any One									
24MHS9401S	Seminar	--	--	--	8	--	--	100	
24MHS9401D	Dissertation	--	--	--	8	--	--	100	
24MHS9401V	Project	--	--	--	8	--	--	100	
		Total			20				
Vasant Semester IV									

Summary: IV Semester (Vasant)			Credits
S.N.	Particulars		
1.	Discipline Specific Core(DSC):		04
2.	Discipline Specific Elective (DSE):		08
3.	Value Added Course (VAC):		00
4.	Seminar/Internship/Apprenticeship/Project/Community Outreach (S/I/A/P/C):		08
		Total	20
\$CW (Class work): It would include attendance, class test/quiz test/assignments, ppt, play, learn by fun activities etc.			

hiv
 Dy. Registrar
 Pandit Deendayal Upadhyaya
 Shekhawati University,
 Sikar(Rajasthan)

Semester- I

Course Title:	Advanced Nutrition and Food Science	Course Code: 24MHM9101T
Total Lecture hour 60		Hours
Unit I	1. Nutritional requirements and RDA for the entire life span according to the physiological needs – Infancy, Preschoolers, School children, Adolescents, Adults, Elderly 2.Body Composition 3.Human digestive system a) Structure and functions of different organs b) Digestion, absorption of carbohydrates, proteins, fats and vitamins	16
Unit II	Etiological, clinical features with emphasis on dietary. management and preventive measures related to food - GERD, constipation, diarrhea; Celiac disease; Hepatitis, cirrhosis; Hypertension, coronary heart disease, hyperlipidemia; Diabetes mellitus; Obesity; Cancer; HIV/AIDS.	17
Unit III	Health Implications of junk foods, processed foods and convenience foods. Functions of foods: physiological and non-physiological. Cooking methods: types, merits and demerits.	12
Unit IV	Cereals and millets: structure, composition, processing techniques, effect of heat and acid, functions of starch in cookery. Legumes, nuts and oil seeds: composition, processing techniques, effect of heat, acid and alkali. Fruits and vegetables: types, composition, importance in diet, pigments, changes caused by heat and alkali. Milk and milk products: types, composition, physical and functional properties, properties, processing techniques, effect of heat, acid and alkali.	15
Reference Books:		
1	Bamji MS,Rao NP Reddy V E (2003) Text Book if Human nutrition Second Edition. Oxford & IBH Publishing Co. Pvt. Ltd.	
2	L. Kathleen Mahan and Sylvia Scott-Stump. Krause's Food, Nutrition & Diet Therapy .WB Saunders Company, Pennsylvania, USA	
3	Bogstrom, G. Principles of Food Science, Vol. I & II, The Macmillion Co., New York, 1968.	
4	Fraxier, W.C. Food Microbiology. McGraw, Hill book Co., New York, 1968.	
5	Potter. N.N. Food Science.3 rd ED CBS Publishers and Distributors. Delhi, 1987.	

Course Title:	Human Development	Course Code: 24MHM9102T
Total Lecture hour 60		Hours
Unit I	Meaning, definition and scope of human development. Principle of growth and development. Stages of prenatal development and Factors affecting prenatal development. Basic Reflexes, Physical, Motor and Language and Emotional development during infancy, Development tasks. Theoretical approaches to early personality development - psychosexual theory of Sigmoid Freud, Psycho Social Theory of Erik Erickson and Piagets cognitive development theory of sensory motor and pre - operational stage.	17
Unit II	Developmental Tasks. Significance of early years, physical, Motor, Social, Emotional and language development in early, middle and late childhood. Theoretical contributions of Erickson, Piaget and Freud in understanding development. Play- Significance, types, characteristics of play. Home, school and peer relationship: problems and adjustments.	12
Unit III	Adolescence: Development tasks, physical, emotional, social, speech and Intellectual development, Moral Development (Kohlberg's Moral Theory) Puberty	15

	and Pubertal Changes, sexual Maturity. Theoretical contributions of Erickson, Piaget and Freud in understanding development. Challenges, adjustment and development tasks of early, middle and late adulthood..	
Unit IV	Theoretical understanding of adulthood, with reference to Erikson and Freud. Significant issues in adulthood: Live-In-Relationship, Being Single, Divorce, Remarriage, DINKS. Adoption; Menopause and Andropause, mid life crises and emptying of nest. Interpersonal and Intrapersonal adjustments, adjusting to declining physical/motor and sensory capacities, Adjustment with changes in familial situation, loss of life partner	16
Reference Books:		
1	Narang D; Chabra N & Koradia K (2010). Adolescent girls: awareness rights and reproductive health, Pointer Publishers, Jaipur.	
2	Stewart, Clarke, A., Friedman, S. (1987). Child Development; Infancy through Adolescence. John WileyandSons, New York.	
3	Bhatt, N. (2007). Human Development-A Life span Perspective. Aavishkar Publishers. Jaipur	
4	Papalia, D.E., Olds, S.W.and Feldman, R.D. (2004). Human Development (9 th Ed.). Tata Mc Graw- Hill Publishing Company Ltd. New Delhi.	
5	Moorjani J; Narang D & Manika (2009). Bal Vikas Ka Manovigyan, Shri Kavita Prakashan, Jaipur	

Course Title:	Textiles fibers and their properties	Course Code: 24MHM9103T
Total Lecture hour 60		Hours
Unit I	Textiles fibers and their properties • Classification of fibers • Primary and secondary properties of textiles fibers. • Manufacturing process, properties and use of following fibers - Cotton, Jute, Silk, Wool, Rayon, Polyester, and Polyamide. Yarn construction • Basic principles of yarn making - Mechanical spinning (cotton spinning), Chemical spinning Wet, Dry, and Melt. • Types of yarns - Simple, Novelty and Textured yarns. • Yarn Twist and Yarn Numbering system	16
Unit II	Fabric Construction Methods • Weaving. Knitting, Braiding, Lacing and Netting. • Weaving - Types of hand looms, parts of a loom, stages in weaving, process. • Classification and construction of basic weaves: plain, twill & satin. • Fabrics made from fibers Peltig and Bonding. Finishing • Definition and importance of finishing. • Classification of finishes. • Preparatory Process - Desiring, Tendering, Scouring and Bleaching. • Mechanical finishes - Sizing, Singeing, Mercerization, Napping, Embossing and Calendaring. • Functional finishes Wash and wear, Wrinkle resistant, Water resistant and repellent, Flame Retardant, Soil Repellent, Mothproof and Anti-static.	17
Unit III	Recent developments in textiles • Nonwoven textiles. • Technical Textiles- Meaning, classification, manufacturing techniques and future scenario.	12

21-

	• Smart textiles - Factors affecting the selection and uses. • Various denim finishes: Bio-polishing, bio-washing and softening finishes, Eco-friendly finishing with enzymes.	15
Unit IV	Apparel Selection & Care	
	• Selection of suitable fabrics and garments for Age - infants, toddlers, pre-school children, school going children, adolescents. • Climate, occasion, occupation, fashion, figure. • Clothing for people with special needs: maternity and lactation, old age and physically challenged. • Selection of readymade garments • Appearance - Size, design, line and colors, Fabric – Durability, ease of care. • Workmanship – Cutting, sewing, finishing, cost and fitting.	
Reference Books:		
1	Bela Bhargava (2003) “Vastra Vigyan avam dhulai kriya” University Book House Jaipur.	
2	Shrivastave. K. N and Gupta. M “Paramparagal Bhartiya Vastra” Hindi Granth Academy, 2011	
3	Susheda Dhanyagi “Fundamentals of Textiles and their care” Orient Longman Ltd.4 th edition 1983 Reprinted 1994	
4	Sara J. Radolph and Anna L. Lang Ford, Textiles, Prentice hall, New York, 2002.	
5	Gokarneshan U, Fabric Structure and Design, New age International Publishers 2004.	

Course Title:	Practical – I	Course Code: 24MHM9101P
	Cooking methods. Cereals cookery- various preparations showing: (a) dextrinization, gelatinization (b) functions of starch in cereals (c) gluten formation and factors influencing its. Formation and(d) identification of the food grains Vegetable cookery: (a) effect of heat, acidan, alkali (b) use of vegetables with other foods. Milk and milk products in various preparation. Identification of nutrition problem prevalent in community using method of Nutritional Assessment-Nutritional Anthropometry, Clinical Examination, Dietary. Survey-24 hours recall method, Diet History. Nutrient rich dishes-Iron rich, Calcium rich, Vitamin A rich, Fiber rich diet. High protein foods, high calorie food to combat malnutrition. • Preparation of suitable supplementary foods. • Plan a diet for pregnant lady. • Plan a diet for lactating mother. • Plan a diet for an infant. • Plan a diet for a pre-school child. • Plan a diet for a school going child. • Plan a diet for an adolescent girl. • Plan a diet for an old person. Plan a diet for following disorders- • Gastrointestinal-Diarrhea, constipation • Acute fever, chronic fever • Liver disease and Gall bladder-Hepatitis • Cardio Vascular-Hypertension, Hyperlipidemia • r-letabolic disorder- Diabetes•	

Signature

Dy. Registrar
Pandit Deendayal Upadhyaya
Shekhawati University,
Sikar(Rajasthan)

	• Obesity • Underweight
Reference Books:	
1	Swaminathan, M. Essentials of food and nutrition, Ganesh and CO. Madras 1974
2	Anita. F.P. Clinical Dietetics and Nutrition, Oxford University Press 1973.
3	Agrawal, Gupta and Khuteta. Bhojan and Poshan, Ajmer Book Company, Jaipur 2001, Singh Vunda.
4	Gupta. S., Seth, R., Khanna, K. and Mahna, R. Art and Science of Cooking-A Student's Manual, Blaze Publishers & Distributors Pvt Ltd. New Delhi 1991.
5	Mathur, M., Goyle, A., Gupta, P. and Magon A. Book of Recipes. India Book House, Jaipur, 1995.

Course Title:		Course Code: 24MHM9102P
Practical – II		
1. Planning and preparation of teaching aids and play material for nursery school/crèche and use of these aids in participation with children: • Puppets • Posters • Flash Cards • Toys • Board games • Blocks • Paper craft • Books of Rhymes and Poems. (Any Five) • Books of Rhymes and organize activity corners, storytelling sessions, music, dance, interactive games and hands on like • Water play • Sand play • Picnics • Fieldtrips 3. Visit to primary health Center, block level administrative office, Anganwadi Center, primary school (any one). 4. (a) Visit to PHC to make observation of neonatal reflexes. (b) Visit to elderly homes for elderly interactions.		
Reference Books:		
1	Chowdhury Paul, d. (1988) : Youth: Participation and development, New Delhi: Atmaram and Sons Unit V, XII, XIV, XV, (Entire Book)	
2	Bermer, J.A. (1988): Introduction to early childhood Education	
3	Murlidharan, R. (1996). Guide to nursery school teacher. New Delhi NCERT	
Course Title:		Course Code: 24MHM9103P
Practical – III		
Hours		

Course Title:		Hours
Equipment and tools for measuring, marking, cutting, sewing and finishing.		
1. Taking body measurements 2. Facts about fabrics- - Importance & identification of grain. - Identifying right & wrong side. - Different widths of fabric. - Types of thread and needle according to fabric 3. Types of Adult's Basic Bodice and Sleeve block 4. Drafting of different types of yokes, sleeves and collars using the bodice.		

Dr.
Dy. Registrar
Pandit Deendayal Upadhyaya
Shekhawati University,
Sikar (Rajasthan)

5.	Block and sleeves blocks
6.	Garment construction with above design features (at least any two in each garment) a. Child's- Gathered frock & amp; night suit. b. Women's-Kurti and Salwar/Churidar and Night wear
7.	Survey of local market for collection of various fabrics samples Different fabric construction technique and Trimmings).
Reference Books:	
1	Mathews Mary - Practical clothing construction I& II, cosmic press, Madras.
2	Bane, A. (1974): Tailoring, McGraw Hill Publication, New Delhi.
3	SavitriPandit (1967): Manual for Children's Clothing, Orient LongmanL. Gini Stephens Frings,
4	Zarapkar K.R, System of Cutting, Navneet Publications India, 2005

Course Title:	Gender in Extension and Development	Course Code: 24MHM9104T
Total Lecture hour 60		
Unit I	Gender and Development: Concept of gender, gender roles, changing trends, gender analysis matrix; Shift from welfare to development and empowerment, gender in development, gender and development; National and international efforts for gender empowerment.	Hours 15
Unit II	Status of Women: Status- meaning, status of women-a situational analysis, demographic, education, employment, political and health (general, occupational and reproductive); Changing scenario.	15
Unit III	Violence Against Women: Dowry, divorce, female foeticide and infanticide, domestic violence, sexual harassment and exploitation, portrayal of women in mass media: Efforts for elimination of all forms of discrimination.	16
Unit IV	Support System: Role and functions of the Department of Women and Child Development, Central Social Welfare Board, State Social Welfare Boards, National Commission for Women, Women's Development Corporation.	14
Reference Books:		
1	Desai, N and Pate, V., Indian Women: Change and Challenge in the International Decade.	
2	Singh, Surendra and Srivastavam S.P. Gender Equality Through Women's Empowerment.	
3	Strategies and Approaches.	
4	Kant, Anjani- Women and the Law	
5	Choudhary, D.Paul- Child Welfare and Development.	

Course Title:	Entrepreneurship Management	Course Code: 24MHM9105T
Total Lecture hour 60		
Unit I	Entrepreneurship Management: Concept, need and process of entrepreneurship development. Types of enterprise.	Hours 12
Unit II	Role of Enterprise in National and Global Economy: Government policies and schemes for enterprise development. Institutional support in enterprise development and management.	16
Unit III	Entrepreneurship motivation and competency: Important features of entrepreneurial personality. Launching an enterprise: Environment scanning, enterprise selection, market assessment	16
Unit IV	Market economy: Basic definitions, types of market, marketing mix, marketing environment Strategic Planning and Marketing steps: Product development, promotion and distribution.	16
Reference Books:		

1	Meredith, G.G. et.al. (1982) Practice of Entrepreneurship. ILO, Geneva
2	Hirtich R.D. and Peters M.P. (1995): Entrepreneurship- Starting Developing and Managing a New Enterprise, Richard D. Irwinm INC, U.S.A.
3	Deacen, RE and Firebaugh, F.M. (1981): Resource Management Principles and Application, Allyn and Dacen and Bacen Bosten.
4	Bedekar, S.J. (1991): Marketing- Concept and Strategies, Oxford University Press, Mumbai.
5	Memores, C.B., Principles and Practice of Marketing in India, Kitab Mahal.

Semester – II

Course Title:	Introduction to Basic Design	Course Code: 24MHM9201T
Total Lecture hour 60		Hours
Unit I	Element of design Line: Types of line: straight and curved etc., Illusion of lines, Emotional significance, Form: Definition, Classification, Requirements of a good form Textures: Definition, Types: visual, tactile, Significance of texture Light: Types of light: natural and artificial, Emotional significance artificial lighting system, Shape and Space: Definition, Classification: open and close Pattern: Definition Motifs: naturalistic, stylized, abstract. Geometric, Characteristics of a good pattern Color: Introduction, Theories, Characteristics, Warm & Cool colors, Tints & shades, Color wheel, Color Schemes, Emotional effects of color Principles of design - Balance: Definition, Types - Rhythm: Definition, Ways of achieving rhythm: repetition of shapes, progression of size, continuous line movement, radiation - Proportion: Definition, Scale - Emphasis: Definition, Ways of achieving emphasis: grouping of objects, use of contrasting colour, use of decoration, use of back ground space, Where to place the emphasis: law of margin - Harmony: Definition, Methods of achieving harmony: line & shape, colour, ideas, size & texture	17
Unit II		17
Unit III	Application of design in home Management Element of design: Line, Form, Textures, Light, Space, Pattern, Color Principle of design: Balance, Rhythm, Proportion, Emphasis, Harmony Use of elements and principles of design in interiors of room: Master's Bed room, Living room, Children bed room, Drawing room, Bath room, Kitchen	14
Unit IV	- Elements and principles of art applied in textile designing - Effects and function of elements and principles of art in dress, Design selection in relation to figure, complexion climates, occasion and fashion. Concept of Repeat in Design - Types of Repeats: Plain, Vertical, Horizontal, Twill, Mirror, Half step, All over - Layout of design - pattern repeat, drop devices and bases, - Special considerations in design selection and layout of pattern - stripes, checks, plaids, prints. - Colour & colour schemes, Psychological effects of colour, Importance of colour, Study of colour theories, colour wheel, colour in clothing.	12

Reference Books:

1	E & OE. "Planning -The architects Handbook"
2	Deshpande (1991), Build Your Homes, United Book Corporation, Puna.
3	Agan Tessie (1986), The House Its Plan And Use, Oxford and IBH publishing company, New Delhi.

4	Gillat Iv1. & Goldstein V. (1967), Art Everyday Life, Oxford & IBH publishing Co., New Delhi.
5	Prakash, Traditional Indian Motifs, The Design Point, Bombay.

Course Title:	Extension Education	Course Code: 24MHM9202T	Hours
Total Lecture hour 60			
Unit I	Introduction to communication • Origin, Concept, definition, nature of communication • Models of communication • Levels of communication • Effective communication- Frame of reference, perception, fidelity, communication gap, time lag, empathy, homophily, heterophily. • Functions of communication • Communication media and Technology • Classification of media • Selection of appropriate media • Production and use of selected media in Home Science • Writing scripts for radio talk, television talk, puppet play, street play • Writing for newspapers, magazine		20
Unit II	Developmental communication • Problems in Development and grass root participation (need and participation) • Development communication strategies for grass root mobilization		12
Unit III	Importance of leadership in developmental communication. • Understanding the role of traditional and modern media in developmental communication. • Participatory approach in developmental communication - communication process. • Elements of communication • Principle of effective communication • Channels of communication • Problems of communication (related to the colrunicator, message receiver and other factors).		16
Unit IV	Appropriate technology for women • Role and status of women in rural development • Approach and methods of socio economic analysis- PRA and RRA • Need of appropriate technology for women • Transfer of technology and factors affecting TOT TOT process and improvement		12
Reference Books:			
1	Benjamin James : Communication Concepts and Contexts, 1986		
2	Berlo, D.K.: The Process of Communicating-An Introduction to Theory and Practical, 1960, New York, Henry Holl and Company		
3	Chopra, K., Kaukodi, G.K., & Murty, rvt.N.: Participatory Development, 1990. Sagar Publication		
4	Dhama, O.P. & Bhatnagar, O.P. : Education and Communication for Development, 1987		
5	Ray, G.L., Extension Communication and management, 1999, Nays Prakashan, Calcutta		


 Dy. Registrar
 Pandit Deendayal Upadhyaya
 Shekhawati University,
 Sikar (Rajasthan)

Course Title:	Family Resource Management	Course Code: 24MHM9203T	Hours
Total Lecture hour 60			
Unit I	Housing - Function & family need of housing. - Principles of house planning: aspect, prospect, grouping of room, roominess, privacy, orientation, circulation, flexibility, spaciousness, aesthetics economy, ventilation services. - Site selection: Vegetation: Size, Soil types drainage, Contour (shape), Orientation - Elements and principles of arts and design as related to interior decoration with specific reference to color and light. - Floor decoration with use of elementary art Table setting & etiquettes.		15
Unit II	Interior designing Room arrangement and decoration - arrangement of furniture, furnishings and accessories in various rooms. Kitchen planning, importance of counters, storage principles, working heights. Selection and care of household equipment (without reference to any specific equipment). Household waste & its management by 3R. Flower decoration - Basic equipment's - Vases and containers - Preparing plant material - Shaping an arrangement Furniture - Types of furniture - Selection use & care - Arrangement of fl. Furniture in various rooms		16
Unit III	Resource Management Meaning, definition and importance of home management Process of management: - Planning - Organization - Implementation - controlling and evaluation Introduction to motivational factor (meaning and types) - Values - Goals - Standards - Decision Making - Resources Time management: Tools in time management: Time cost, Time norms, Peak loads Work curve and rest periods, Process of managing time		15
Unit IV	Energy Management: - Process of energy management - Fatigue - Body mechanics - Work simplification - Mundel's Classes of changes - Ergonomics: Meaning, importance & its components Money Management		14

	• Family Income: sources & type • Budget: Definition & Process of budget making Saving, investment and raising housing loan: Definition & Objectives, Channels: bank, insurance, post office Consumer problems, rights & responsibilities Seeking redressal to consumer problems with special reference to consumer courts.
Reference Books:	
1	Bryan Lawson (1980). How Designer Think. Architectural press Ltd.
2	Agarwal S. (2009). Grah Prabandh Manual. Shivam book house. Jaipur.
3	Fisher CD (1997). Human resource management Chennai: All 'Indian publishers and distributors.
4	Gillat M & Goldstein V (1967). Art Everyday Life. Oxford & IBH publishing Co. New Delhi.
5	Goldstein M & Goldstein V (1967). Art Everything Life. Mc Graw hill 13ooks Comp. Ltd. New York.

Course Title:	Practical – I	Course Code: 24MHM9201P
Contents- 1. Drawing of color wheel. 2. Drawing of color Schemes. 3. Drawing of Tints and Shade Chart 4. Drawing various types of furniture for all the room of house. Selection of color scheme in rooms- a. Master's bed room b. Children's bed room c. Living room d. Dining room e. Drawing room f. Kitchen 5. Application of principles in interior decoration drawing each one of them Principles of design - a. Balance b. Rhythm c. Proportion d. Emphasis e. Harmony 6. Make a scrap book with following motif types using fabric specimens: • Abstract • Geometrical • Natural • Stylized • Traditional 7. Creating designs with units like flowers, alphabets • Development of motif • Enlargement & reduction of motifs • Concept of design repeat, layout • Development of design sheets for home textiles: Table Linens (runner, napkin, table cloth) 8. Developing designs for decorating fabrics for various end uses using traditional motifs and different techniques of tie and dye • Marbling • Pleating and Binding • Folding • Bandhani		

	• Laheria • Tritik/Shibori
--	---

Course Title:	Practical – II	Course Code: 24MHM9202P
Contents- • Writing script for one of the media referred in theory • Production of selected media in Home Science Extension a communication • Pre-testing of the selected media • Use of Selected media in the field • Developing skill in any of the folk media • News and report writing of programme for farm/slum, women		

Course Title:	Practical – III	Course Code: 24MHM9203P
Contents: 1. Project work on money management: • How to open various accounts in the bank. • Filling up of slips/forms of bank and post office. i. Application for draft ii. Cheques iii. Withdrawal slip iv. Money order form v. Application for housing loan 2. Floor decoration: Alpana, Rangoli & Mandana 3. Flower arrangement: fresh and dry arrangements. 4. Table setting 5. Best out of waste (one article) 6. Cleaning of wood, stone, tiles, metal & glass. 7. House plans: • for various income groups (LIG, MIG, HIG) i. Drawing of architectural symbols of house plan ii. Architectural symbols of electricity plan iii. Furniture symbols • Rooms (making any one paper model): Drawing Room, Dining cum leaving room, Children study room, Bed room, Pooja Room • Kitchen planning (making any one paper model) i. One wall ii. Two wall iii. L shape iv. U shape		

Course Title:	Fashion Designing	Course Code: 24MHM9204T
Total Lecture hour 60		Hours
Unit I	Fashion: Definition, history, elements, terminology, cycle, factors affecting fashion, fashion sources, fashion trends in India and abroad.	15


 Dy. Registrar
 Pandit Deendayal Upadhyaya
 Shekhawati University,
 Sikar (Rajasthan)

Unit II	Principles and elements of art in dress designing. Anthropometrical Measurement: Concept, importance, technique and precautions. Pattern Making: Methods of drafting, draping, flat pattern, techniques and uses.	16
Unit III	Commercial Pattern: Concept, selection, and use of commercial pattern. Selection of Fabrics: Factors affecting selection of fabric for different garments, Calculating quantity of fabric needed for different garments.	15
Unit IV	Layout Planning: Definition, types of layout, economy of fabric in placing patterns, adjusting fabric to pattern Fitting: Good fit – definition, principles and clues for good fit (case, line, grain, set and balance)	14
Reference Books:		
1	A bling bina, Fashion Sketch Book, Fairchild Publishers, New York	
2	Seaman Julian - Professional Fashion illustration, B.T. Batsford, London	
3	Tata, S.L. & Edwards, M.S. - The complete book of fashion illustrations, New York, Harper & Row Publications	
4	Jethwaney, J.N. 1999 - Advertising, Phoenix Publishing House Pvt. Ltd.	
5	Roundey N. & Mair, D - Strategies for Technical Communication, Little Brown & Co., Boston, Toronto	

Course Title:	Community Health Management	Course Code: 24MHM9205T
Total Lecture hour 60		Hours
Unit I	Concept of Health and Health Care: Concepts of health and positive health, definitions of health; Health – factors affecting health, health as a human right; Concept of community health and global health, health for all; Primary health care - definitions, principles, components, comprehensive health care, levels of prevention, concept of reproductive health.	17
Unit II	Health and Development Indices: Health indices and related indices in community health, fertility indicators, demographic indicators – sex ratio, social and mental health indicators; Human Development Index; Reproductive Health Index.	17
Unit III	Management of Information System in Health Sector: Health surveys; Monitoring health; Health regulations and acts, health legislations; Census; Evaluation of health services. Ecology and Environment: Cause, effects and prevention of global warming; Concept of natural and man-made disasters	13
Unit IV	Health Care Services: Health administrative set up - state, national, urban, rural, private; Role of NGOs in health services; Importance of National Health Programmes; Child survival and safe motherhood; Importance of Child Health and related programmes; Health in relation to community development; Important National and International Health Agencies; Health Information, education, communication.	13
Reference Books:		
1	Mangatt, A.N. and Bomen, S.C.- Social Service and Mental Health	
2	Dak, T.M.- Sociology of Health in India	
3	Smolenske- Principles of Community Health.	
4	Suchman, E.H.- Sociology in the Field of Public Health.	

Dy. Registrar
Pandit Deendayal Upadhyaya
Shekhawati University,
Sikar(Rajasthan)

Semester III

Research Methodology

Course Title:	Research Methodology	Course Code: 24MHS9301T
Total Lecture hour 60		Hours
Unit I	Introduction Definition and Scope of Research: Why, What and How? Qualitative, Quantitative and Mixed research Types of Qualitative Research: narrative research, phenomenological research, Grounded Theory research, ethnographic research, case Study research. Features of Qualitative Research: Induction/Deduction, Comparison/Contrast, Cause/Effect	15
Unit II	Review of Literature Searching Databases Searching Print Sources in Libraries Selection of Sources Abstracting Selected Sources	15
Unit III	Conceptualization Identification of Research Gap Selection of Primary and Secondary Sources Framing the Research Question Choice of Methodological Framework	15
Unit IV	Planning and Writing the First Draft Overview of Citation Styles: MLA, APA, Chicago Citing Sources in MLA Use of Quotations Plagiarism Alert	15
Reference Books:		
- Correa, Delia da Sousa and W. R. Owens. The Handbook to Literary Research. 1998. 2nd edition, Routledge, 2010. - Creswell, J. David and John W. Creswell. Research Design: Qualitative, Quantitative, and Mixed Methods Approaches. 2014. - Dawson, Catherine. A-Z of Digital Research Methods. Routledge, 2019. - Griffin, Gabriele. Research Methods for English Studies. 2nd edition, Edinburgh University Press, 2013. - Kothari, C. R. Research Methodology: Methods and Techniques. 1985. New Age International, 2004. - Kumar, Ranjit. Research Methodology: A Step-by-Step Guide for Beginners. Sage Publications, 2018. - Patton, Michael Quinn. Qualitative Research & Evaluation Methods. 2015. 4th edition, Sage Publications, 2023.		

Course Title	Advance Nutrition and Dietetics	Course Code: 24MHS9302T
Total Lecture hour 45		Hours
Unit I	Meal planning: Definition, objectives, principles, importance and factors affecting. Nutrition during adulthood, pregnancy, lactation, infancy, childhood, adolescence and old age.	11
Unit II	Therapeutic nutrition: Definition, objectives, principles. Dietitians: Qualities and role. Team approach, Inter-relationship with the patient and doctor. Importance of nutrition education and diet counselling. Adaptations of normal diet: regular, soft and liquid diet. Special feeding methods.	12
Unit III	Incidence, etiology, pathology, metabolic changes, diet management and counseling for the following disorders: (i) Gastro-intestinal. (ii) Febrile diseases. (iii) Liver and gall bladder.	12

hlm
Dy. Registrar
Pandit Deendayal Upadhyaya
University,
Shekhawati (Rajasthan)

Unit IV	Metabolic disorders: Diabetes, Gout. Cardio-vascular disorders. Cancer Obesity. Under-weight.Diet in surgical conditions.	10
Reference Books:		
1.	Joshi,S.A.Nutrition of Dietetics, Tata Mc Cirad Pub., New Delhi, 1992.	
2.	Raheena Begum Text book of Food, Nutrition and Dietetics, Sterling Pub., New Delhi, 1989.	
3.	Swaminathan, M. Essentials of Foods and Nutrition Vol.II, GaneshandCo., 1985.	
4.	Robinson, C.H.; Lawler, M.R.; Chenoweth and Garwick, A.B. Normal and Therapeutic Nutrition 17 edition, Macmillan Pub. Co., 1986.	
5.	Ghosh, S. The feeding and care of infants and young children, VHAI 6 th edition, New SDelhi, 1992.	
6.	Gopalanet. al. Nutritive value of Indian Foods, NIN, ICMR, Hyderabad, India, 1989.	
7.	Krause, M.V. and Mahen, L.K. Food, Nutrition and Diet Therapy, W.B. Saunders Co., Philadelphia, 1990.	
8.	Gopalan, C. Recent trends in Nutrition, Oxford Univ. Press, 1993.	
9.	Swaminathan, M. Advance Text book on Food and Nutrition, BAPPCO Ltd., Bangalore.	
10.	Shukla, P.K. Nutritional problems of India, Prentice Hall Of India, NewDelhi, 1982.	
11.	Gopalan, C. Nutritional problems and programmes in South east Asia.	
12.	Davidson, S. and Pass more Human Nutrition and Dietetics.	

Practical

Course Title	Practical	Course Code: 24MHS9301P
1.	Planning and preparation of diets with modification in: Constipation, diarrhoea , peptic ulcer, Fever, Cardio-vascular disorders, Kidney diseases, Obesity, under-weight, Liver diseases, Diabetes, Surgery, Cancer	
2.	Market survey of commercial nutritional supplements and nutritional support substrates.	
3.	Preparation of diet counseling aids for common disorders.	
4.	Field trips and institutional visits in related areas.	

Early Childhood Care and Education

Course Title	Early Childhood Care and Education	Course Code: 24MHS9303T
Total Lecture hour 60		Hours 15
Unit I	Early childhood care and education a. Meaning, need and importance of ECCE. b. Aims and objectives of ECCE. c. Scope of ECCE. d. Developmental tasks of early childhood stage. Contribution of Indian and Western educators in early childhood education e. Montessori, Froebel, Rousseau, Pestolozzi Mahatma Gandhi, Rabindrenath Tagore, Swami Vivekanand, Shri Arbindo	
Unit II	Curriculum models for early childhood education, Child development model The verbal/cognitive model Sensory/cognitive model The verbal/didactic model Major types of early childhood education and its programmes Daycare, Balwadiand anganwadi, Montessori, Kindergarten, Nursery Recent programmes in ECCE.	15
Unit III	Fostering creativity in children through different activities Creative activities Science activities	15

hmv

Dy. Registrar

Pandit Deendayal Upadhyay

Shekhawati University

Sikar (Rajasthan)

	Literature activities Musical activities Play and recreational activities Programme planning: annual, monthly, weekly and daily planning	
Unit IV	Programmes related to child health and nutrition Child to child programmes Nutrition programmes Role of different organizations in ECCE like WHO, UNICEF, NIPCCD, ICDS, CAPE Challenges and New trends in ECCE.	15

Reference Books:

1. Anderson, R.H. and Shane, H.G. *The Twigg's Early Childhood Education*, Houghton, Mifflin Company, Boston, 1971.
2. Catson, E.C. and Allen, J. *Early childhood curriculum*, Macmillan Publishing Co., New Delhi, 1993.
3. Mohanty, Jaganath, Mohanti, Bhagyadhar, *early childhood care and education*, Deep & Deep publications, New Delhi. 1996.
4. Singh, B., *Preschool education*, APH, Publishing corporation, New Delhi, 1997.
5. Morrison, George S. *early childhood education Today*, sixth edition by prentice Hall, 1995, New Jersey.
6. Elizabeth Hurlock, *Developmental Psychology*.
7. Kirk, S., *educating exceptional children*, IBH, New Delhi, 1970.
8. Banjanolra, Godkar *Disabled in India*, Somaiya Publication, Bombay, 1983.
9. Joseph, M. *Abnormal Psychology*, Holt Rinehart, New York, 1983.
10. Menon, R.; *The Teacher and the parent*, ministry of education, Government of India, New Delhi. 1959.
11. Arya and Subhash C. *Infant child care for the mother*, Vikas Pub., New Delhi 1972.
12. Grewal, J.S. *Early Childhood Education*, National Psychological Corporation, Agra, 1984.
13. Devdas, R.P. *The text book on Child Development* New Delhi, 1984.
14. Crow, L.D. and Crow, A. *Child Psychology*, Barues and Noble Books, New York.
15. Schiamburg, L.B. Smith, K.U. *Parenting Magazine*.
16. Smart, M.S. Smart, R.C. *School Age Children Development and Relationship*, Mac Millan Pub. Co., New York, 1978.
17. Elkind & Wierier *Development of the Child*, Willey, New York. 1978.
18. Aruna Thakkar, *Perspectives in Pre-school education*, Popular Prakashan, Bombay, 1980.
19. Dr. K.G. Desai, *Effectiveness of kinder-garten education*, United Publishers, 1976.

Practical

Course Title	Practical	Course Code: 24MHS9302P
	1. Observation and recording of an ECCE centre to observe physical setup and conduct of programs. 2. Program planning and execution: monthly plan, weekly plan and daily plan. 3. Preparation of resource files for various ECCE activities. 4. Conducting activities for ECCE centre. 5. To prepare various low cost teaching aids according to daily, weekly, monthly plans. 6. Field trips and institutional visits in related areas.	

Course Title	Nutrition Science	Course Code: 24MHS9304T
Total Lecture hour 60	Hours	15
Unit I	RDA: Definition, Importance, Reference Man and Reference Woman. Energy: Energy balance, deficiency and excess. Macro and Micro nutrients: Basic concept. Carbohydrates: Definition, classification, nutritional value, functions. Dietary Fibre- Nutritional Significance.	
Unit II	Proteins: Definition, classification, nutritional value, functions. Lipids: Definition, classification, nutritional value, functions.	15
Unit III	Minerals: Calcium, Iron, Sodium, Iodine-Food sources, requirements, functions, deficiency.	15

Dy. Registrar
Pandit Deendayal Upadhyay
Shriekhawati University,
Sikar(Rajasthan)

	Vitamins: Water soluble (B and C) and Fat soluble (A,D,E,K)-Food sources, requirements, functions and deficiency.	
Unit IV	Meal Planning: Definition, Objectives, Principles, Importance, Factors affecting meal planning. Nutrition through the life span: Meal planning during adulthood, infancy, pre-school and school age, adolescence. Pregnancy and Lactation: Physiological changes, common complications, nutritional requirements. Colostrum. Old age: Physiological changes, psycho-social and economic factors affecting eating behavior, nutritional requirements.	15
Reference Books: 1. Gopalan C.(eds.)(1993) Recent Trends in Nutrition, Oxford University Press. 2. International Child Health: A Digest of Current Information. 3. Jallinek G (1985).Sensory Evaluation of Food Theory and Practice, Ellis Harwood Chicester. 4. Srilaxmi B. Dietetics (2014), Seventh edition, New Age International Publisher. 5. Anita Singh, Ahar evam poshan vigyan, Starpublication,Agra 6. Devinasahai(2019), Ahar Vighyan, New Age International Publisher. 7. Beaton GH and Bengoa J M(eds.)(1996), Nutrition in Preventive Medicine WHO. 8. Bamji M.S.,Rai PN and Reddy V (eds.) Food Chemistry (2ndedition) Springer,NewYork.		

Course Title	Consumer Protection	Course Code: 24MHS9305T
Total Lecture hour 45		Hours
Unit I	Consumer: definition, consumer economics. Consumer and his wants, origin of human wants. Characteristics of wants, classification of wants, Demand.	11
Unit II	Consumer behavior: .Motivation. Needs, wants and desires. Difference and factors affecting it. Diminishing marginal utility and law of equal-marginal utility	12
Unit III	Market and marketing: Concept and definition. Classification of markets: Types, characteristics and importance	12
Unit IV	Consumer credit: definition, importance. Types of credits: Credit card, personal loans, mortgage. Factors affecting consumer credits. Consumer protection: overview of consumer protection laws and regulations. Consumer rights and responsibilities. Government protection.	10

Reference Books:

1. Fred D.Reynolds and Coilliean D.Wells (1977): Consumer Behaviour, Mc Graw Hill Seriesin Marketing, New York.
2. London D.L.& Bitta A.J.D. (1986): Consumer Behaviour, McGraw Hill Book Company, NewYork
3. East Robert (1990): Changing Consumer behavior, Cassel Educational Limited, Artillery House, Artillery Row, London.
4. Garman and Thomasetal(1974): The Consumer's World Buying, Money Management and Issue, McGraw Hills Book Co., New York

hiv
Dy. Registrar
Pandit Deendayal
Shethar

Practical

Course Title	Practical	Course Code: 24MHS9303P
1. To survey the Banking Procedures for Consumer Credit. 2. Visit to different types of Markets. 3. Preparation of scrapbook/ folder related to above		

Course Title	Traditional Textiles and Costumes Of India	Course Code: 24MHS9306T
Total Lecture hour 45		
Unit I	Origin of Clothing. Importance of Clothing. Psychological and Socio logical aspect of clothing.	Hours 11
Unit II	Traditional Textiles- Banaras-Brocade, Tamilnadoo-Kanjivaram, Kashmir-Shawls, M.P.-Chandlery, Bengal- Baluchar.	12
Unit III	Traditional Embroideries:- U.P.- Chikankari, Karnataka-Kasuti, Punjab-Phulkari, Kashmir-Kasida, Bengal-Kantha, Gujrat Kathiawari, Rajasthan - Zariwork.	12
Unit IV	Dye and printed textiles of India -Patola, Bandhani, Ikat, Kalamkari, Sanganeri, Bagru. Traditional Costumes of India-Rajasthan, Maharashtra, Assam, Punjab, Gujrat, West Bengal.	10
Reference Books:		
1. Pandit Savitri: Indian Embroidery. 2. Dongerkery Kamla S.The romance of Indian Embroidery. 3. Bhatnagar, P. Decorative Design History in Indian Textile and costumes. Chandigarh, Abhishek Publication. 4. Chattopadhyay, K. Indian Embroidery, NewDelhi, Wiley Eastern Ltd. 5. Harney J. Traditional Textile of Central Asia .London Thoms and Hudson Ltd. 6. Lubel I, C. Textile Collection of the world. London United States Publication. 7. Mehta. Master place of IndianTextile D. B. Traporevale sons and Co.Pvt.Ltd. 8. Treasure of Indian textiles, Calico museum Ahmedabad Mary publication, Bombay. 9. Kefgen, M. and Phyl lis, T.S. Individuality in clothing selection and personal Appearance. NewYork. The macmillan Company. 10. Rosencranz, M. L. clothing concept –A Social and psychological Approach. NewYork. The Macmillan Company.ltd.		

Practical

Course Title	Practical	Course Code: 24MHS9304P
1. Basic Embroidery stitches-Any10 2. Smaples of Traditional Embroidery. 3. Bndhani/ Laheria. 4. Product Development.		

Course Title	Information And Communication Technology	Course Code: 24MHS9307T
Total Lecture hour 60		
Unit I	Communication Method: Definition, Importance, Characteristic methods.Study about Communication model and their challenges, Relationship between communication extension and development.	Hours
Unit II	Extension teaching method: Meaning, Nature, Classification, factor guiding the selection and use of extension method. Audio-Visual Aids: Definition, Importance, meaning, preparation	
Unit III	Information Technology: meaning, Definition, importance, factors affecting. Use of IT tools – Internet, Email, Fax, Teleconferencing, Interactive Idea, and Computer	


Dy. Registrar
 Pandit Deendayal Mahavidyalaya
 Shekhawati University
 Jaipur (Rajasthan)

	Networking. PAN, LAN, CAN, MAN, E-Governance etc. Digital Securities Communications Skill, RJ role of ICT in communication soft skill, Effective oral communication, Public Speaking, non-verbal communication, working skill, soft skill, Role of ICT in communication.
Unit IV	Diffusion: Concept and elements, Innovation Stages, decision process, Attributes and consequences of innovation, Categories and Innovativeness
Reference Books:	
- Abdul Rahim, Thesis Writing, New Age International Publication New Dehli - वन्दना सिंह, प्रसारशिक्षा, पंचशीलप्रकाशननजयपुर।	

Course Title	Mother And Child Care	Course Code: 24MHS9308T
Total Lecture hour 45		Hours
Unit I	Menstruation & fertility Normal Menstrual Cycle Process of Reproduction Pregnancy Sign & Symptoms Use of Pregnancy Kits Abortions- causes & care of Mother	11
Unit II	Health & nutritional care during Pregnancy & lactation Common ailments during pregnancy & their management. Morning sickness, heartburn, indigestion, constipation, piles, leg cramps, sleeplessness, frequency of micturition, edema, various veins, Antenatal checkups & their importance, Danger signs during pregnancy & management, Intra natal care, Birth preparedness for safe delivery Danger signs during delivery & management & when to refer, Post natal care, Complications during post partum period & their management, Post natal checkups	12
Unit III	Use of Mother & child protection card, Mother and Child Health Nutrition Programme Janni shishu suraksha Yojana, Reproductive and child health, Family planning Advantages & Importance, Methods of family planning, Nutritional care of New Born Identification of Danger sign and when to refer, Common ailments of newborns and their management : Diarrhea, constipation, flatulence, vomiting, colic, malnutrition, napkin rash, umbilical infection, acute respiratory infections	12
Unit IV	Immunization & growth monitoring of infant and young child Nutritional care of infant & young child, Infancy Importance of breast feeding , early intuition, colostrums Exclusive breastfeeding- technique of breastfeeding Complementary feeding, Importance of complementary feeding, Time of introduction Technique of complementary feeding , Points to be considered- FODU (Frequency, Adequacy, Density and Utilization. Homemade recipes, premixes from family pot.	10
Reference Books:		
- Sudha Narayanan & Anupama narayana(2000). Mothercraft research publication. 89 tripolia Bazar, jaipur. ISBN8185789-88-6 - Park JE & Park K (1995). Essential of community health nursing, M/s Banarsidas Bhanot - Dr. Subhash C. Arya (2007). Infant & child care for the Indian mother. ISBN 8125914412 - Shanti ghosh (2004) nutrition and child care : a practical guide, jaypee publishers second edition. ISBN 9788180612077 - First Aid to the injured Authorised Manual of St. John Ambulance. I cross road , New delhi 110001 - Module 1-8 developed for asha sahyoginis		

Practical

Course Title	Practical	Course Code: 24MHS9305P
1. Planning and preparation of low cost recipe for any one Pregnant/ lactating mother Supplementary foods/ premixs 2. Use of pregnancy kits Management of diarrhea, care of infectious disease, use of mother & child card.		

h/w

Semester- IV

Course Title	Programme Management For Rural Development	Course Code: 24MHS9401T
Total Lecture hour 45		Hours
Unit I	Community– Concept, types and characteristics. Community organization–concept, Importance and principles Role and Qualities of a community organizer.	11
Unit II	Rural Development–Concept, Importance and objectives. Panchayati Raj –Concept, Structure and Functions. Leadership–Concept, Selection of leader and theories	12
Unit III	Extension programme–Concept, meaning, objectives and principles. Programme objectives-components. The steps in extension programme planning.	12
Unit IV	Programme planning:-Need Assessment. Programme Implementation: Environment building, Problems encountered, Work plan. Programme Monitoring: Meaning, Importance, Techniques. Programme Evaluation: Meaning, Importance, Types and Methods. Rural development programme / Organizations SGSY, NRLM, MGNREGA, IAY, ICDS, DRDA. Role of N.G.Os in rural development.	10
Reference Books:		
1.	Singh K.–Rural Development –principles policies and Management, Sage publication, New Delhi.	
2.	Reider, D. Evaluating Development, Programme and projects, Sage publication, New Delhi.	
3.	Grover, I.–Extension Management, Agro tech Pub.	
4.	Dahama, Bhatnagers O.P.-Education and communication fordevelopment, oxford &IBH.	
5.	Tripathi,P.CandReddy, P.N. –Principles of Management, Tata Mc Graw Hill,NewDelhi.	
6.	Adhikari, M M-Participatory planning and project Management in Extension Sciences, Agrotech Publication. Academy	

Practical

Course Title	Practical	Course Code: 24MHS9401P
	1. Visit to development organizations and study their structure, activities, strengths and weakness (N.G.Os/SHGs/Youth Organizations/Local units of ICDS/Start-ups) 2. Analysis and Evaluation of Government Development Programms. 3. Need Assessment of nearly slum/rural community. 4. Planning a development program based on need assesment. 5. Designing appropriate teaching aid to support selected teaching methods.	

Course Title	Children With Special Needs	Course Code: 24MHS9402T
Total Lecture hour 60		Hours
Unit I	Meaning and definition of Special Needs Children, Developmental Disabilities, Special Education. Definition, Causes, (Genetic and environmental factors) Types, Treatment and rehabilitation of children with autisms, Down's syndrome, Fragile X Syndrome, Epilepsy.	15
Unit II	Definition, Causes, characterizes, Educational Considerations and Management for: Mental retardation, Learning disabled children, Emotional Disorders, physical impairment, Multiple disorder. Giftedness: Definition, Identification, Characterizes of gifted children, educational considerations' for gifted children managing child in school, special programs for gifted children	15
Unit III	Definition, Causes, Charactirtics, Educational Considerations and Management for: Sensory disabilities: Visual impairment, auditory impairment, speech impairment. Children with multiple disorders and their management programmes.	15


 Dr. Registrar
 Pandit Deendayal Upadhyaya
 Shekhawati University,
 Sikar(Rajasthan)

Unit IV	Current trends and issues in special education. Inclusive, integrated and special schools. Role of professionals, need and importance of family centered intervention and early detection of deformities. Rights, program, policies, Legal provisions and scholarship for children with special needs in india.	15
Reference Books:		
1. Kirk, S. A. Education “Exceptional childrens”, Huagton Niffhin, 1962. 2. Bootzin R. R. (1993) Abnormal Psychology current Perspectives (V1thEdition). Megraw HillInc, NewYork. 3. Weran, D. (1994) Disabled village children (IndiaEduhon), VHAI, NewDelhi. 4. Lering, J. and Bura, G (Eds.) (1978) Integratin of handicapped children in sociaty, Routledge and Kegal Paul, London. 5. Tinbergu, N. and Tingbergu, E.A. (1983), Auhshc children: New Hope for acure, Allen and Unwin, London. 6. Hegarty, S (2002), Education and children with special need, Sage Publication, NewDelhi. 7. Rozario, J. and Karanth, P. (2003), Learning disability in India, Sage Publication, NewDelhi. 8. Education Exceptional Children, An introduction M to special Education –S.K. Mangal, Edition-1, 29June, 1905, Prentice Hall India. 9. Inclusive Education–For child ren with special Needs 10. Neena Dash, 12April, 2023 Atlantic Publishers and Distribution Pvt. Ltd. 11. Educational of exceptional children K. C. Panda 15 May, 2023 Nikas Publication		

Course Title	Sports Yoga And Physical Fitness	Course Code: 24MHS9403T
Total Lecture hour 60		Hours
Unit I	Yoga: Definition, history and importance. Basic aasans and their importance.	15
Unit II	Mudras: Definition, basic mudras andl mportance. Alternative systems for health and fitness like Ayurveda and meditation. Vegetarianism and traditional diets	15
Unit III	Sports: Types and importance: Nutrition in Sports: Sports specific requirements. Diet manipulation. Pre-game and post-game meals. Study of different commercial supplements	15
Unit IV	Holistic approach to the management of fitness and health: Energy input and output. Diet and Exercise. Effect of specific nutrients on work performance and physical fitness. Nutrition, exercise, physical fitness and health interrelationship. Water and electrolyte balance: Losses and their replenishment during exercise and sport events, effect of dehydration, sports drinks. Significance of physical fitness and nutrition in the prevention and management of weight control, obesity, diabetes mellitus, CV disorders, bone health and cancer. Nutritional and exercise regimes for management of obesity. Plateau effect and weight cycling (Basic knowledge).	15
1. Mahan. L. K. and Econ-Stump. S. (2000): Krause’sFood.NutritionandDietTherapy, 10th Edition, W.B. Saunders Ltd. 2.Sizer,F.andWhitney,E.(2000)Nutrition-conceptsandControversies,8thEdition, Wadsworth Thomson Learning. 3. Whitney, E.N. and Rolfes. S.R. (1999) : Understanding Nutrition, 8th Edition, West/Wadsworth. An International Thomson Publishing Co		


Dy. Registrar
pandit Deendayal Upadhyaya
Shekhawati University,
Sikar(Rajasthan)

Course Title	Entrepreneurship Development	Course Code: 24MHS9404T
Total Lecture hour 60		Hours
Unit I	Entrepreneurship- concept, definition, need and significance of entrepreneurship development in India, entrepreneurship growth process, barriers, entrepreneurship education model.	15
Unit II	Entrepreneur-their characteristics, types, gender issues, role demands and challenges. Entrepreneurial Motivation. Challenges faced by Women Entrepreneurs	15
Unit III	Types of enterprises classification based on capital, product, location, ownership pattern and process Sensing business opportunities and assessing market potential; market research	15
Unit IV	Appraising of project and feasibility Managing Production : Organizing Production; input-output cycle Functions of Marketing Ensuring Quality Managing Marketing Understanding markets and marketing 4Ps of Marketing (same as marketing mix) Financial Management Meaning of Finance Types and Sources of Finance Estimation of project cost Profit Assessment Networking of Enterprises	15

Course Title	Human Physiology	Course Code: 24MHS9405T
Total Lecture hour 60		Hours
Unit I	Classification of cell. Functions and qualities of cell. Cell differentiation. Introduction of tissues. Organ system.	15
Unit II	Meaning and definition of digestive system. Parts of digestive system. Functions of digestive system	15
Unit III	Structure of Heart. Blood and blood vessels. Functions of heart. Conditions affect the circulatory system. Symptoms of poor circulation	15
Unit IV	Types of glands. Hormones. Problems with glands. Symptoms of adrenal gland disorder.	15

him
 Dy. Registrar
 Pandit Deendayal Upadhyaya
 Shekhawati University,
 Sikar (Rajasthan)