

Semester - I

Core Course 1:

Advanced Nutrition

05 Credits

Full Marks: 70

Time: 3 Hours

The pattern of question papers will be as under

Group A- Compulsory - ten questions (two questions from each unit) of two marks each.

 $2 \times 10 = 20$ marks

Group B- Five questions (one from each unit) - each question of 5 marks, four to be answered.

 $5 \times 4 = 20$ marks

Group C- Five questions (one from each unit) - each question of 10 marks, three to be answered.

 $10 \times 3 = 30$ marks**Objectives:**

This course will enable the students to:

- 1 Understand the impact of nutrients on human body
- 2 Get an insight into various metabolic pathways
- 3 Know the role of hormones in growth, maintenance and regulation of body processes

Unit I**Energy Metabolism**

- 1 Determination of energy value of food- Bomb calorimeter
- 2 Basal metabolic rate- Measurement and factors affecting basal metabolic rate
- 3 Measurement of energy requirement of an individual with reference to man and women

Unit II**Proteins**

- 1 Classification of protein & amino acids
- 2 Structure, properties and functions of protein
- 3 Metabolism of proteins, protein synthesis
- 4 Assessment of protein quality
- 5 Plasma proteins

Unit III**Lipids**

- 1 Classification of Lipids
- 2 Structure, properties and functions of Lipids
- 3 Metabolism and nutritional significance of lipids

Unit IV**Carbohydrates**

- 1 Classification of carbohydrates
- 2 Structure, properties and functions of carbohydrates
- 3 Metabolism of carbohydrates
- 4 Altered metabolism of carbohydrates in diabetes
- 5 Glycemic index
- 6 Role of hormones in carbohydrate metabolism (insulin, thyroid and adrenal cortex)

Signature
A. Singh
2-2-19

Signature
7-2-19

Signature
7-2-19

Signature
7-2-19

Signature
27/02/19

Signature
7-2-19

Unit V

Micronutrients

Vitamins and Minerals and their role in metabolism (vitamin A, Calcium, Iron and Iodine)

Reference:

1. M. Swaminathan: Advance text book on Food and Nutrition Vol. II
2. Paul and R., Elen T. Ross: Nutrition
3. A.C. Dele Fundamentals of Biochemistry
4. H.S. Selvasava: Elements of Biochemistry
5. A.K. Bery: Four Hasyan ki Pothiya Pothi

K. Upadhyay
24.11.19

Ranjana Singh
7.12.19

7/12/19

Singh
7/12/19

6/12/19

PK
7/12/19

9/12/19

7/12/19

7/12/19

7/12/19

7/12/19

Core Course 2: Child Development: Prenatal to Preadolescence**05 Credits**

Full Marks: 70

Time: 3 Hours

*The pattern of question papers will be as under**Group A- Compulsory - ten questions (two questions from each unit) of two marks each.**2 x 10 = 20 marks**Group B- Five questions (one from each unit) - each question of 5 marks, four to be answered.**5 x 5 = 25 marks**Group C- Five questions (one from each unit) - each question of 10 marks, three to be answered.**10 x 3 = 30 marks***Objectives:**

This course will enable the students to:

- ☐ To have an overview of development from prenatal stage to preadolescence stage
- ☐ To develop an awareness of important aspects of all development stages during this phase

Unit I**Introduction to Development**

- ☐ Stages and principles of growth and development
- ☐ Developmental tasks
- ☐ Comparative role of heredity and environment
- ☐ Aspects of development

Unit II**Prenatal Development**

- ☐ Conception, stages of prenatal development
- ☐ Factors affecting prenatal development
- ☐ Common disorders during pregnancy
- ☐ Types and stages of birth process

Unit III**Infancy (0-2 years)**

- ☐ Neonate-Their characteristics and behavior patterns
- ☐ Evaluation and examination of health of neonate
- ☐ Formation of some healthy and good habits among infants

Unit IV**Early Childhood (2-6 years)**

- ☐ Physical and motor development, common motor skills
- ☐ Social and Emotional development (characteristics and common Emotions)
- ☐ Cognitive development

Unit V**Late childhood (6-12 years)**

- ☐ Physical and motor development
- ☐ Personality development- characteristics
- ☐ Imagination and cognitive development
- ☐ Social relationship- peer, siblings and parents


 Anand Singh
 22/19


 Anand Singh
 22/19


 Anand Singh
 22/19


 Anand Singh
 22/19

References:

1. Rice, F.P (1995). Human Development, New Jersey: Prentice Hall
2. Santrock, J.W. & Yussen, S.R. (1988). Child Development: An Introduction
Lower: Wm.C Brown Publishers
3. Cole, M. & Cole, S. (1993). The Development of Children (2nd Ed) New York:
scientific American Books Freeman & Co.

class 02 = 01 = 02

class 02 = 01 = 02

class 02 = 01 = 02

class 02 = 01 = 02

class 02 = 01 = 02

Kulshroba
7.2.19

3.2.19

7.2.19

Singh
7.3.19

6/2/19

7/3/19

7/2/19

Study Origin-IN

11/2/19

11/8/19

11/2/19

11/2/19

Core Course 3:

Concept of Home Management

08 Credits

Full Marks: 70

Time: 3 Hours

The pattern of question papers will be as under

Group A- Compulsory - ten questions (two questions from each unit) of two marks each.

2 x 10 = 20 marks

Group B- Five questions (one from each unit) - each question of 5 marks, four to be attempted.

5 x 5 = 20 marks

Group C- Five questions (one from each unit) - each question of 10 marks, three to be attempted.

3 x 10 = 30 marks

Objectives:

This course will enable the students:

- To understand the significance of management in the micro and macro organisation
- To know the conceptual, human and scientific aspects of management functions
- To develop the ability to evaluate the managerial efficiency and effectiveness in the family and other organizations

Unit I

Management as a system

- Definition
- Elements
- Types
- Application in family resource management

Unit II

Management process

- Planning - objectives, principles, strategies
- Organizing - purpose, process, motivation and communication
- Controlling and its tools
- Evaluation

Unit III

Ergonomics

- Definition
- Scope and nature of ergonomics in domestic and other occupations

Unit IV

Time and energy management

Time and energy management in study of ergonomics

Unit V

Work simplification

Work simplification process and time motion economy

Spring
7.2.19

Richard
9.2.19

Richard
7.2.19

8
7.2.19

Q
7/2/19

Pk
7/2/19

Reference:

1. Introduction to Home Management by Bettye E. Swanson, Macmillan Publishing Company
2. Home - Today & Tomorrow by Ruth F. Sherwood
3. The House - its plan and use by Terrie Agan, M.S. Colford & EDH Publishing House
4. Management for Modern families by Gross Grandall, Knoll Prentice Hall, International INC, Englewood, New Jersey
5. Grih Prabhathi by Manjra Patel
6. Grih Prabhathi and Grih Vyavastha by Brinda Singh

K. Prabhakar
2-2-19

2-2-19

2-2-19

Brinda Singh
2-2-19

2-2-19

2-2-19

Study Origin.IN

2-2-19

2-2-19

2-2-19

2-2-19

2-2-19

Core Course 4:

Research Methodology and Statistics

05 Credits

Full Marks: 70

Time: 3 Hours

The pattern of question papers will be as under

Group A- Compulsory – ten questions (two questions from each unit) of two marks each.

2 x 10 = 20 marks

Group B- Five questions (one from each unit) – each question of 5 marks, four to be answered.

5 x 5 = 25 marks

Group C- Five questions (one from each unit) – each question of 10 marks, three to be answered.

10 x 3 = 30 marks

Objectives:

This course will enable the students to:

- Develop a scientific approach and know the processes of research
- Develop the competence for selecting method and tools appropriate for research topics
- Understand concepts of statistical measures of central tendency, dispersion variability and probability

Unit I

Foundation of Scientific Research

- Research – meaning and definition
- Need of research in Home Science
- Necessary consideration for selecting a research problem
- Sources for locating a research problem

Unit II

Stages/steps involved in research process

- Research problem
- Literature Review
- Hypothesis
- Variables
- Methodology: sample, sampling technique, tools and tests, statistical devices
- Pilot study
- Test administration and data collection
- Scientific generalization
- Preparing the research report

Unit III

Sample and Sampling techniques

Sample- Meaning, characteristics of a good/scientific sample

Sampling techniques

- Probability sampling- Meaning and types
- Non-probability sampling- Meaning and types

Unit IV

Research Tools

- Observation
- Questionnaire
- Interview
- Case study

Handwritten signature and date: 5/2/19

Handwritten signature and date: Singh 7.2.19

Handwritten signature and date: 5/2/19

Handwritten signature and date: A. Yash 2/2/19

Handwritten signature and date: 5.2.19

Handwritten signature and date: 2.2.19

Handwritten signature and date: 5/2/19

Handwritten signature and date: Rik 7/2/19

Unit V**Concept of data**

- Types of data - Primary data and secondary data
Qualitative and quantitative data
- Analysis of data - Qualitative and quantitative data analysis

Reference:

- Bell, J (1997): Doing Your Research Project: A Guide for First-time Researchers in 1-3 Research process Education and Social Science, Vista Books, New Delhi
- Bell, J (1997): How to Complete Your Research Project Successfully: A Guide for First time Researchers, UBSPD, New Delhi
- Bulmer, M.C. (1984): Sociological Research Methods An Introduction, Macmillan, HongKong
- Festinger, L. and Katz, D. (ed.) (1977): Research Methods in the Behavioral Sciences, Amerind Publishing, New Delhi
- Holloway, I. (1997): Basic Concepts of Qualitative Research, Blackwell Science, London.
- Jain, G. (1998): Research Methodology: Method and Techniques, Mangal Deep, Jaipur
- Kothari, C.R. (2003): Research Methodology, Method and Techniques, Wishwa Prakashan, New Delhi
- Kumar, A. (1997): Social Research Method (The Art of Scientific Investigation), Anmol Publication, New Delhi
- Kumar, A. (2000): Research Methodology in Social Sciences, Sarup and Sons, New Delhi.
- Mc Burney, D.H. (2001): Research Methodology, Thomson-Wadsworth, Australia
- Panda, G.C. (1999): Research Methodology in Social Science, Anmol Publication, New Delhi

Statistics**Unit I**

Meaning and characteristics of statistics, definition, importance, classification, tabulation, frequency curve, histogram and piechart

Unit II

Measure of central tendency

- Mean - definition, merits, demerits and related programs
- Median - definition, merits, demerits and related program
- Mode - definition, merits, demerits and related program

Unit III

Measure of dispersion- meaning and types of dispersion, range, quartile deviation, standard deviation related problems, characteristics of dispersion

Unit IV

Correlation - definition, methods of correlation

7/2/19

7/2/19
Kalyan

7/2/19

7/2/19

7/2/19

7/2/19

Reference :

1. GUPTA, S. (2001) Research Methodology and Statistical Techniques, Deep and Deep, New Delhi, 510p.
2. HOODA, R.P. (2003) Statistics for Business and Economics, 3rd ed., Macmillan India Ltd. Delhi, 853p.
3. DEY, B.R. (2005) "Textbook of Managerial Statistics", Macmillan India Ltd. Delhi, 318p.
4. Fleming, M.C. & Nella, Joseph G. (1997) "The Essence of Statistics for Business", Prentice-Hall of India, New Delhi, 270p.
5. Sarma, K.V.S. (2001) "Statistics made simple: Do it yourself on PC", Prentice-Hall, New Delhi, 287p.
6. Chalroberty, S.R. & Giri, N. (1997) "Basic Statistic". South Asian pub., New Delhi, 271p.
7. Das, M.N. (1989) "Statistical Methods and Concepts", New Age, New Delhi, 266p.
8. Elhanoo, D.N. (2000) "Fundamentals of Statistics [containing more than 750 solved and 1250 problems for review exercise]", Kitab Mahal, Allahabad, 4823p.
9. Coon, A. & Gupta, M & DASGUPTA, B. (2001) "Fundamentals of Statistics", Vol.1 All. The World Press, Calcutta, 150p.
10. Gupta, S.P. (1996) "Practical Statistics", 37th ed. S. Chand, New Delhi, 563p.
11. Gupta, S.C (2000) "Fundamentals of Statistics", Himalya's Pub., Mumbai, 1343p.
12. Gupta S.P. (2000) "Statistics Methods", Sultan Chand & Sons, New Delhi, 1428p.
13. Gupta C.B. & Gupta, V. (1973) "An Introduction to Statistical Methods", Vikas publishing house Pvt. Ltd. New Delhi, 829p.
14. Nagar, A.L. & Das, R.K. (1997) "Basic Statistics", 2nd ed. CUP, Delhi, 424p.
15. Shanoy, G.V. & Pant, M. (2006) "Statistics Methods in Business and Social Science", Macmillan India Ltd., Delhi, 288p.
16. Spiegel, Murray R. (1998) "Schaum's Outline of Theory and Problems of Statistics", 3rd ed. Tata McGraw-Hall Pub, New Delhi, 538p.
17. Triola, Mario F. (1998) "Elementary Statistics", 7th ed. Addison Wesley Longman, America, 804p.
18. Richard A. (1992) "Applied Multivariate Statistics Analysis", Prentice-Hall, New Delhi, 642p.

7/2/19
 7/2/19
 7/2/19

7/2/19

7/2/19

7/2/19

7/2/19

7/2/19