

# M.A. HOME SCIENCE

## DISTRIBUTION OF COURSES

There will be following courses as per details given below:

### M. A. Previous:

Paper No.	Paper	Max. Marks	Internal Marks	Duration of Exam.	Hours Week
I	Community Nutrition	100	25	3 hours	04
II	Advanced Family Resource Management and Interior Designing	100	25	3 hours	04
III	Population Studies & Entrepreneurship Development	100	25	3 hours	04
IV	Research Methods and Technique	100	25	3 hours	04

### Practical's:

I	Community Nutrition	50	20	3 hours	04
II	Interior Designing	50	20	3 hours	04

### M. A. Final:

Paper No.	Paper	Max. Marks	Internal Marks	Duration of Exam.	Hours Week
V	Advanced Human Development & Family Welfare	100	25	3 hours	04
VI	Extension & Communication Management	100	25	3 hours	04
VII	Advanced Textiles & Family Clothing	100	25	3 hours	04
VIII	Project Writing	100	25	3 hours	02

### Practical's:

III	Participation in Nursery School and Preparation of audio visual aids	50	20	3 hours	04
IV	Textile Designing	50	20	3 hours	04

**Grand Total** **1000**

## **M.A. HOME SCIENCE PREVIOUS**

### **Paper – I**

### **Human and Community Nutrition**

#### **Unit I**

The role of food in relation to health of individual.

1. Minimal nutritional requirements and R.D.A., formulation of R.D.A. and dietary guidelines reference to man and woman. Nutrition and Health status of women and children in India.
2. Malnutrition – etiology and dietary management.
3. The aging process – Physiological, Biochemical and body composition changes. Nutritional requirements and dietary management to meet nutritional needs.

#### **Unit II**

4. Historical back ground, Prevalence, etiology, Bio-chemical and clinical manifestations. Preventive and therapeutic measures for following:  
PEM, Rickets, osteomalacia, Vit A deficiency, Flourosis, weight Imbalance, Diabetes, Liver, cardiovascular disorders, cancer, anaemia, IDD.

#### **Unit III**

5. Nutritional assessment – Meaning, need, objective of nutritional status – food consumption, Anthropometry Clinical and Biochemical methods.
6. Dietary surveys – importance, methods, interpretations, adequacy of diet with respect to RDA and BD.

#### **Unit IV**

7. Quality assurance and food safety assurance Current concept of quality control.
8. Food Adulteration – Adulterants and their health hazards, prevention and control.
9. Food Standards and Laws – ISI, AGMARK, FPO, MPO, PFA, Municipal health laws.
10. Effect of fast and junk food.

## Unit V

11. Major nutritional Problems and Role of national and international agencies in improving nutritional status of community.
12. Nutrition Education.
13. Recent advances in Biotechnology-genetically modified foods.

### References:

1. Joshi S.A. (1992) Nutrition of Dietetics, Tata McCirad Pub., New Delhi.
2. Raheena Begum (1989) Text book of food and Nutrition and Dietetics, Sterling Pub., New Delhi.
3. Swaminathan M. (1985) Essentials of Foods and Nutrition Vol. I and II Ganesh and Co., Madras.
4. Robinson C.H. Lawer, M.R., Chenoweth, and Garwick, A.B. (1986) Normal and Therapeutic Nutrition 17 Ed., Macmillan Pub. Co..
5. Prevention of food Adulteration Act. 1994 Govt. of India.
6. Ghosh S. (1992) The feeding and care of infants and young children, VHAI, 6<sup>th</sup> Ed., New Delhi.
7. Gopalan, C. (1993) Recent Trends in Nutrition, Oxford University Press.
8. Jelliffe, D.B. (1996), Assessment of Nutritional status of the Community, WHO.
9. Gopalan, C., Nutrition of Health care, Nutrition Foundation of India, Special Pub. Series.
10. डॉ. सत्यदेव आर्य : आहार – पोषाहार।
11. अनुवादिका डॉ. सरोजनी आर्य – पोषण के सिद्धान्त।
12. Davidson, S. Passnwre Human Nut. and Dietetics.
13. Swaminathan M. Advance Nutrition.
14. Shukla P.K. Nutritional Problems of India.
15. Gopalan C. Nutritional Problems and Prog. in South East Asia.
16. Lava, K., Muller El Toxicological aspect of foods. Elsevier, Science London.