

HOME SCIENCE  
VINOBA BHAVE UNIVERSITY, HAZARIBAG

**SYLLABUS OF PH.D. EET**

**FOOD AND NUTRITION**

1. Food and Nutrition – An Introduction, Importance Functions of food.
2. Nutrients –
  - Classification, Composition, Structure, Function, Deficiency Symptoms; Sources, Daily allowances of carbohydrates, fats, Proteins, Vitamins, minerals and water.
  - Digestion, absorption and metabolism of carbohydrates, fats and proteins.
3. Food – Classification, Structure, Composition, Nutritive Value of cereals, Pulses, Vegetables, Fruits, Milk and Milk Products, Fats and Oils, Meat, Fish, Eggs.
4. Calorie – Definition, factors affecting calorie requirements.
5. Balanced diet – Meal planning in pregnancy, Lactation, Infancy, Childhood, Adolescence and Old age.
6. Cooking Methods – Their effect on nutritive value of foods.
7. Food preservation and storage.
8. Malnutrition – Problem of Malnutrition in India, Impact of Malnutrition.

**TEXTILE AND CLOTHING**

1. Introduction to Textile – Importance of Textile, Essential qualities of textile fibres, classification of textile fibres, Identification of textile fibres, Physical and Chemical properties.
2. Construction of Yarn, Weaving.
3. Textile finishing – Aims and Methods of giving finishes.

4. Selection and storage of Fabrics.
5. Psychological and Sociological aspect of Clothing.
6. Design Analysis –
  - I. Types of design – Structural and Decorative, Principles and elements of design.
  - II. Study of line, texture and colour, their effect and function in dress.
  - III. Design selection in relation of figure, complexion, occasion and fashion.

### **RESOURCE MANAGEMENT**

1. Concepts of Home Management and steps.
2. Management process –  
Planning, Organising controlling and Evaluating.
3. Management of human Resources, Classification of Resources.
4. Management of Money –
  - a) Introduction of family money management.
  - b) Family finance and budgeting
5. Time Management.
6. Energy Management – Work simplification.
7. Housing, Interior Decoration, Principles of Interior Decoration, Various colours and colour schemes.
8. Household equipment – Selection and care.

## **HUMAN DEVELOPMENT**

1. Human Development - Importance, Scope and Historical perspective of Human Development
  - Meaning, Stages and Principals of Growth and Development
2. Basis of Human Development – Biological basis
  - Environment basis
3. Stages of Human Development – Prenatal
  - Infancy
  - Childhood
  - Adolescence
  - Adulthood
  - Old age
4. Aspect of Human Development – Physical
  - Social
  - Emotional
  - Cognetive
  - Motor

## **EXTENSION EDUCATION**

1. Extension Education – Meaning, Objection, Scope, Philosophy, Principles and importance of extension education.
2. Extension teaching Methods – Definition and importance of teaching tools classification (according to use and form). Selection of Extension teaching methods, combining of Extension teaching methods. Extension eaching methods (Individual contact, Group Contact and Mass contact), advantage and Limitations.

3. Extension Teaching Aids –
  - a. Definition, Importance and Classification (Audiovisual both projected and non projected aids)
  - b. Factors influencing the selection of Aids. The effective use of aids (Planning, preparation, Presentation and Evaluation) advantages and disadvantages of aids.
  
4. Communication –
5. Programme Planning – Meaning Principles
  - a. Methods and procedures for programme planning
  - b. Criteria of a good programme planning.
  
6. Evaluation –  
Objective, Values and benefits of evaluation, Type of Evaluation, Main steps evolved in evaluation.
7. Role of Home Science in Rural Development

Member's of departmental Council

1. Dr. Mridula Bharti

*M. Bharti*  
11-01-12

Lecturer P.G. Dept. of Home Sc...

V.B.U., Hazaribag

2. Miss Mamta Kachchap P.G. Dept. of Home Science,

V.B.U., Hazaribag.

*Mamta Kachchap*  
11-01-12

*G. Sahay*  
11/01/12

Gayatri Sahay  
Head  
P.G. Dept. of Home Science  
V.B.U., Hazaribag  
H.O.D. P.G. Dept. of Home Science  
V.B.U., Hazaribag