

**SHAILABALA WOMEN'S (AUTO)
COLLEGE, CUTTACK**

**Courses of Studies
For The**

Master of Philosophy (M.Phil) In Home Science

(2019 – 2020)

**SHAILABALA WOMEN'S (AUTO) COLLEGE,
CUTTACK**

Master of Philosophy (M.Phil) In Home Science

(Under Semester System)

**Effective from the Academic Session
2019- 2020 onwards**

Objectives:

Master of Philosophy (M. Phil.) programme is a full- time Pre- doctoral Degree Course. It provides training in Research Methodology and development of research skills. It not only enhances knowledge on research in the subjects selected for the programme, but also updates students on recent research topics through seminar presentation and provides research experience and report writing skill during preparation of the dissertation.

Duration:

The duration of the course is one academic year consisting of two semesters, such as one odd semester and one even semester during the programme.

Detailed Course Structure:

The course is for **one academic year having two semesters**. The course carries **600 marks** and **30 credits** as follows.

<u>Semester- I</u>					
Sl.No	Paper Code	Paper	Name of the Paper	Mark	Credit
1	11	Paper-I	Research Methodology & Statistics	100	6
2	12	Paper-II (Theory)	Advanced Study in Home Science	100	6
3	13	Paper-III (Practical)	Research Methods & Computer Application in Home Science	100	4
			Total	300	16

Semester-II

Sl. No	Paper Code	Name of the Paper	Marks	Credit
1	2.1	Review of literature (A) Review of literature writing (Hard Copy) (B) Presentation of Review of literature through ppt	100 50 50	4
2	2.2	Preparation and Presentation of seminars- (A) Synopsis presentation of the proposed dissertation (both PPT presentation and submission of hard copy) (B) Pre- Thesis submission - Seminar of the dissertation (Problem, Methodology, Findings discussion and implication / scope of the study)	100 50 50	4
3	2.3	Dissertation (Evaluation to be done by both External and Internal examiners of each 100 marks. The average of both the evaluators to be taken as the final mark of the dissertation)	100	6
		Total	300	14

Paper – I

Paper Code 1.1

Research Methodology and Statistics

Full Marks – 100

Time: 4 Hours

Unit –I

- . Research Methodology – Meaning ,objectives, types , process of Research , criteria for good research.
- . Defining Research Problem- Meaning, selecting the problem , technique involved in defining a problem.
- . Research Design – Meanin ,need, features of a good design ,different research designs.
- . Research Proposal – Meaning, purpose, steps in d research proposal.

Unit –gII

- . Sampling Design- Meaning, steps, criteria of selecting a sampling procedure, different types of sampling design.
- .Measurment and Scaling Techniques-scaling-meaning, importants scaling techniques
Measurement in scales, techniques of developing measurement tool

Unit –III

- . Methods of Data Collection – Meaning collection of primary data through questionnaire, interview schedule ,observation ,case study .Collection of Secondry Data ;Selection of appropriate method for data collection.
- . Processing of Data- Processing operation (editing, coding, classification, tabulation)

Unit- IV

- . Analysis of Data- Meaning, measures of Central Tendency (Mean, Median and Mode).
Measures of Dispersion- Meaning, Types of dispersions (Range, Mean Deviation, Standard Deviation)
- . Measures of Relationship (Correlation)- Meaning, significance, types(Curvilinear or Non-Liner relationship, partial and multiple Correlation). Calculation of coefficient of correlation, Product Moment Correlation, Correlation from Rank.

Unit -V

- . Interpretation – Meaning, techniques , preparation in interpretation.
- . Report Writing- Significance of report writing, steps, lay out of the research report, types, precautions for writing research reports.
- . Bibliography- Meaning, significance, types and presentations.

Book Recommended for Reference:

- 1 . Hand Book of Methodology of Research- R.P. Devdas and Dr K kulan Deivel, -Sri Rama Krishna Mission Vidyalaya College of Education.
2. Research Methodology- Methods and Techniques C.R. Kothari – Wiley Eastern Ltd.
3. A Text Book of Research Methodology – A.K.P.C. Swain- Kalyani Publisher.
4. Methodology and Techniques of Social Research – Wilkinson and Bhandarkar – Himalaya Publ. House.
5. Reseach method In Behavioural Science- S.M .Jvlohesin- Orient Longman Publication.
6. Statistical Methods – S.P. Gupta.
7. Research Methodology – Bhattacharaya, D.K- Excel Books. New Delhi, II Edition.
8. Scientific Social Survey and Research – Paul Young.
9. Methodlogy and Techniques of Social Research- T.S. Wilkinson and P.L.Bhandarkar. Himalaya Publishing House.
10. Fundamentals of Statistics- D.N .Elhance.
11. Statistics in Psychology and Education- Garret and Word.
12. Statistical Methods- S.P.Gupta, Sultan Chand and Sons publisher New Delhi.
13. Methdology of Research – Kulbir Singh Sidhu.

Handwritten signatures and dates:

- 24.7.19
- 27/7/19
- 24/7/19
- 24.2.19
- 24.7.19
- 24.7.19
- 24/7/19

Paper Code 1.2

ADVANCED STUDY IN HOME SCIENCE

F.M. - 100

Time- 4 Hours

Unit - I

Nutrition & Dietetics

Antioxidants - Definition, sources of the nutrients antioxidants

- Antioxidant defense systems – vitamin E, vitamin C, B-carotene, ubiquinone, phytochemicals, antioxidant enzymes
- Antioxidants and disease – immunity and ageing, cataract, cancer, PEM, neurological conditions, cardiovascular disease.

Food Fortification – Definition, Objectives and basic requirements for fortification strategy

- Fortification of foods to improve their nutritional quality.
 - Fortification to restore nutrient lost during food processing
 - Fortification to prevent deficiency diseases
 - Food Fortification programs – Iodization of salt for controlling goitre, vitamin A fortification for vitamin A deficiency, iron fortification programs
- ↳ -- Current Trends & Issues in Nutrition & Dietetics

Unit-II

Human Development & Family Studies

Parenting and Parenthood:

- Meaning and significance, foundation of parenthood in the Indian family - traditional and contemporary
- Parenting roles – Determinants of parenting behaviour, Role of father and mother.
- New -Age parenting – Father's involvement in child development
- Challenges of parenting

Gerontology and Aging :

- Current status of the Elderly in India and Odisha
- Concept of Aging and the Aging process-Biological, Physiological, Psychological and Social aspects of aging.
- Changing role of the elderly in Indian family life and social relationships - Husband - wife relations, grand parenthood, widowhood/ singlehood.
- Elderly care -Provisions and facilities provided by the Govt for the welfare of the aged in India.

Current Trends & Issues in Human development & Family studies

Unit-III

Extension Education & Communication

Entrepreneurship Development:

- Entrepreneur- Meaning & its characteristic
- Entrepreneurship-Meaning & Characteristics – role of entrepreneurship in development, entrepreneurship- problems of women entrepreneurs, Association of women entrepreneurs
- Entrepreneurship development- scope of entrepreneurship development in rural activities of agriculture.

- Antioxidant defense systems – vitamin E, vitamin C, B-carotene, ubiquinol, phytochemicals, antioxidant enzymes
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- Women empowerment-meaning & definition Types of women empowerment
- Self-help group (SHG) as a tool of empowerment. Role of NGO's in the development of SHGS. SWOT analysis of SHG

Capacity Building through Training :

- Meaning, Definitions, Importance & Need for training
 - Setting Training Objective, Training Need Assessment (TNA), Principles of Extension Training), Different Training Methods, Types of Training, Problems of Training.
 - Training & Human Resource Development(HRD)- Need & its strategies.
- Current Trends & Issues in Extension Education & Communication.**

Unit- IV

Family Resource Management

Housing for better Family living:

- Housing scenario in India-Rural & Urban. Cost of housing, quality & quantity of housing available, Role of govt. & non-govt. organization in Providing Housing needs
 - Housing for the aged & physically challenged people- Reasons for separate housing needs of the elderly, design criteria for housing of the aged, Recommendations for physically challenged people in wheel chair
 - Housing Finance system-Govt. Housing schemes, Financial Institutions, commercial banks & Insurance co. Housing Finance corporation, specialized Housing finance Institution, HUDCO, Housing development & Finance corporation (HDFC), Cooperative Housing Finance , National cooperative Housing Federation of India(NCHF)
 - Housing economics-Investment in Housing , method of calculating the amount of money to be invested in housing, ways & means of economy
- Current trends & Issues in Family Resource Management.**

Unit - V

Textile & Clothing

Fashion Designing:

- Meaning & Definition of Fashion, terminology of fashion, Factors Influencing fashion
- Fashion cycles-stages in fashion cycle (Broken fashion cycles (seasonal, catastrophic, revolutionary)
- Fashion adoption theories- (trickle-down theory, trickle across theory, bottom-up theory)
- Business & Merchandising in fashion Industry-Merchandising plan, evaluating sales, planning stock, average stock, planning purchases, cost merchandising evaluation
- Role of fashion designer

Clothing for the Family:

- Origin of Clothing. Factors affecting selection of clothing : Age, season, income, occasion, fashion.
- Guidelines for suitable selection of fabrics. women's attire, Men's Attire, Children's clothing.

Current Trends & Issues in Textile & Clothing

Books Recommended For Reference :

Unit I

1. Nutrition and Diet therapy (sixth edition 1989) sue Rodwell williams Limes Mirror/mosby college Publishing, st.louis
2. Text book of Human nutrition,(2011),Editors-Mahatab S Bamji Kamala Krishnaswamy,G.N.V. Bhabaman.oxford and IBH Publishing,co.pvt.ltd,New Delhi.
3. Dietetics (2016) : B.Srilakshmi, New age international (p) Ltd, Publishers,New delhi.
4. Nutrition science, Fifth edition (2016) by B.srilakshmi, New Age International (P) Limited, publishers. New delhi.
5. Nutrition for Developing countries third edition, 2015,by savage king ,burges,Quinn,osci,oxford university press.
6. Encyclopaedia of applied Nutrition and Health by Ruchi Mishra,2004,Adhyayan ,publishers ,New Delhi.

Unit II

1. Indian families at the cross Roads - edited book David K. Carson, Cecyle K Carson Aparajita Chowdhury Gyan Publishing House, New Delhi.
2. Text book on Child development and Family Relationship - Dr. Aparajita Chowdhury, Published by Academic Excellance, New Delhi
3. Family life education in India : perspectivesChallenges and Applications - edited book by Aparajita Chowdhury, David K. Carso, Cecyle K. Carson, Rawat Publication.
4. Human Development – Diane E. Papalia, Mc Graw Hill Publication
5. Parenting - by Jne B. Brook.
6. Family in transition : power and development. J.K. Baral and A. Choudhury Book centre, New Delhi, Human Development - Berk.
7. Studies in Gerontology : Intergenerational Perspectives edited by K.I. Sharma, Rawat Publication.
8. Developmental Psychology - E. Hurlock.
9. Monthly Journal "Social Welfare" published by Central Social Welfare Board, Govt of India, New Delhi.
10. Life Span Development - Santrock, Brown & Bench Mark.
11. Human Development - Across the Life Span - Dacey and Travers, Brown & Bench mark.
12. Human Development - Diane E. Papalia, Mc Graw Hill Publication

UNIT III

1. Extension Education and Communication - K. Debey&Indu - Bala
2. An Introduction to extension education - by S.V. Supre
3. Extension communication and management - by G.L. Ray

- 4 Extension Techniques for Rural Management by- C Satapathy & Sarita Mishra.
- 5 Education and communication for development by O.P.Dahama and O.P. Bhatnagar
- 6 Extension Education - A. Reddy

Unit IV

1. Housing for Family Living-Veena Gandotra & Sarjoo patel
2. Modern Ideal Homes for India- R.S.despande United Book corporation
3. Planning a House-S. Faulkner

Unit V

- 1 Individuality in clothing and personal appearance 6th Edition 2009 pearson education, USA, -by Marshall S.G., Jackson, H.O., Stanley, M S, Kefgen, M and Specht, T
2. The complete Book & Fashion Design, Harper and Row Publication, New York by Tate, S.L., Edwards, M.S 1982.
3. Inside Fashion Design - Kitty G.Dikerson
4. Clothing Concepts: Cranz RLM. 1972. Collier, Memillan.
5. Dress selection & Design-Marion S & Hill House 1963, The MacMillan

PAPER - III

Paper Code: 1.3

**Research Methods and Computer Application
In Home Science (practical)**

E.M. - 100

Time- 6Hours

Unit - I

Developing guidelines for designing Review of literature

Unit-II

Presenting Review of literature on a selected topic through PPT

Unit - III

Developing format of tools/instruments used in social research - questionnaire, observation, interview schedule and case study. Prepare a sample of each tool.

Unit - IV

Prepare Graphical Representation of a given data using computer - bar diagram, pie chart, histogram and polygon

Unit - V

Formulate a research proposal on any topic given in the syllabus. Present it in PPT format

Record writing has to be done on the above mentioned study.

Distribution of Marks :

1. Examination - 60
2. Record Writing - 20
3. Viva Voce - 20

Books Recommended For Reference :

1. A Text book of Research Methodology by A.k.p.Cc Swain, kalyani Publisher
2. Research Methods - Ram Ahuja, Rawat Publication, New Delhi
3. Methodology & Techniques of Social Research - Bhandarkar & T.S. Wilknsn, Himalaya publishing House, New Delhi.
4. Doing Your Master's Dissertation-Chris Hart. sage publication.

M. Phil Regulation On Examination for Students :

- Registration for 1st (odd) Semester examination is compulsory. The admission of a student admitted to M.Phil Course shall be automatically cancelled if she does not get herself registered for the 1st semester examination
- There will be no mid-semester examination
- The odd (1st) semester is to be conducted after the end of the semester course
- The even (2nd) semester is continuous and to be completed after the submission of the dissertation. The odd (1st) and even (2nd) semester examinations will be held at the end of completion of each semester courses.
- The candidate has to obtain a **minimum of 55% or equivalent Grade (CGPA in a point Scale)** in the course work in order to be eligible to continue in the program and submit the dissertation /thesis

- The dissertation (3copies) along with a soft copy shall be submitted to the Controller of Examinations through the respective Research Supervisor and Department, failing which the candidate will not be awarded the Degree
- Each student shall have to present at least 1(one) research paper in a Seminar/Conference during the course period and submit the certificate thereof at the time of pre-submission of the dissertation for adjudication.
- The dissertation shall be evaluated by the candidate's Research Supervisor and at least one External Examiner.
- A candidate who is otherwise eligible to appear the examination but fails in the same or fails to appear in the examination shall be required to re-appear the same as an ex-regular student not more than once for each paper of a semester within stipulated period of two academic years from the commencement of the course.

Award of the Degree

The candidate has to obtain a **minimum of 55% or equivalent Grade (CGPA in a point Scale)** in the course work (1st semester) in order to be eligible to continue in the programme and submit the dissertation /thesis.