



# INSTITUTE OF HOME SCIENCE

THE UNIVERSITY OF KASHMIR

*Hazratbal Srinagar-190006-(Kashmir) J&K*

[NAAC Accredited Grade A<sup>+</sup>].

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## Syllabus for P.G. Entrance in Home Science(CBCS)-2023

### Unit –I

- Concept and Nature of Communication.
- Functions, Types and Scope of communication.
- Communication for Social Change.
- Culture and Communication.
- Principles of Communication.
- Elements of Communication and their characteristics.
- Models of Communication.
- Barriers to Communication.
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### Unit-II

- Concept, Nature and Philosophy of Extension.
- Principles of Extension.
- Methods and Media of Community Outreach.
- Audio Visual Aids-Concept, Classification, Characteristics and Scope.
- Relationship between Communication, Extension and Development.

### Unit III

- Concept of Nutrients, Nutrition and RDA.
- Functions of food
- Classification of Nutrients.
- Functions, Dietary sources of Macro and Micro nutrients.
- Clinical Manifestations of Deficiency / Excess of Macro and Micro Nutrients.

## **UNIT IV**

- Concept of Food groups, Food Pyramid and Food exchange list.
- Food groups, their selection and Nutritional contribution
- Changes during cooking of Food Groups.
- Methods of cooking.
- Advantages, disadvantages and the effect of various on methods of cooking on Nutrients.
- Minimising Nutrient loss.

## **Unit –V**

- Scope and Importance of Human Development.
- Stages and domains of development.
- Principles of growth and development.
- Developmental milestones.
- Conception, Pregnancy and Birth.
- Factors influencing Pregnancy.

## **Unit-VI**

- Development in Infancy and Preschool.
- Physical, Motor, Cognitive, Language, Socio-emotional development during Early and Middle childhood years.
- Overview of Adolescence and Puberty.
- Physical and Physiological changes during Adolescence.
- Cognitive, Language, Socio-emotional and Motor development during adolescence.
- Physical and Physiological changes during middle adulthood.
- Physical and Intellectual functioning in Old age.

## **Unit-VII**

- Overview of solute, solvent and solution.
- Concept of acid, base and salt, pH and pH scale, buffer solutions.
- Types of solutions.
- Classification and properties of colloids.
- Emulsion and its types.
- Oxidation and Reduction, basic concepts.
- Chemicals in foods, Antiseptics and Disinfectants, Soaps and Detergents.

### **Unit-VIII**

- Measurement of Physical Quantities.
- Types and Laws of motions.
- Gravity and Gravitation.
- Temperature and its Measurements.
- Calorimetry.
- Heat transfer-modes and examples.

### **UNIT -IX**

- Concept of Balanced diet.
- Factors affecting meal planning and food related behaviour.
- Growth and development during Childhood.
- Growth reference/standards and RDA of Childhood.
- Healthy food choices, Nutritional guidelines and Nutritional concerns - Infants, Preschool children, School-going children and Adolescence.
- Physiological changes, RDA, Healthy food choices, Nutritional guidelines, Nutritional concerns of - Adults, Pregnant women, Lactating mothers and Elderly.

### **Unit X-**

- Classification of Plant kingdom.

- Seed germination.
- Types of plant tissue.
- Seed propagation.
- Important physiological processes.
- Brief account of Photosynthesis and Respiration in plants.

### **Unit -XI**

- Classification of Animal kingdom along with their main characteristics.
- Cell theory, structure and function of a cell.
- Cell division and its significance.
- Parasites and human diseases.
- Economic importance and control of common household pests.
- Basics of Genetics.

### **Unit -XII**

- Overview of household income.
- Types, sources, supplementation and use of family income.
- Budgets.
- Maintaining household accounts.
- Factors influencing expenditure pattern.
- Family savings and investments-need, principles, channels and tax implications.
- Personal finance management.

### **UNIT -XIII**

- Consumer role in the economy.

- National Income and Per capita income.
- Household wise distribution of income.
- Types of Consumer problems, their causes and solution.
- Consumer Cooperatives.
- Consumer protection Act 1986 COPRA,
- Standardization and quality control measures.

#### **Unit -XIV**

- Awareness of self in communication.
- Intrapersonal Communication.
- Self-concept and Self-esteem.
- Concept, Types and function of Interpersonal Communication.
- Small and large group communication.
- Types and functions of small group communication.

#### **Unit –XV**

- Types, Functions and Networks of Organizational Communication.
- Concept and techniques of Public communication.
- Significance, functions and elements of Mass communication.
- Theories and models of Mass communication.
- Stages and Barriers of intercultural communication.
- Relationship between culture and communication.
- Importance of Mass Media, print media, radio, TV, cinema and ICT's.