

Syllabus for
Ph.D. Entrance test in Home science

2021



Department of Home science
BBMK University Dhanbad

Food and Nutrition

1. Food and Nutrition: An Introduction, Importance and Functions of food.
2. Nutrients:
 - Classification, Composition, Structure, Function, Deficiency Symptoms, Sources, Daily Allowances of carbohydrates, fats, Proteins, Vitamins, mineral 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 in 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 fibers, classification of textile fibers, Identification of textile fibers, Physical and Chemical properties.
2. Construction of Yarn and 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-
 - a. Types of design – Structural and Decorative, Principles and elements of design.
 - b. Study of line, texture and color, their effect and function in dress.
 - c. Design selection in relation of figure, complexion, occasion, and fashion.

Resource Management

1. Concepts of Home management and Steps.
2. Management process- Planning, Organizing , Controlling and evaluating.
3. Management of Human resource, 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 colors and color schemes.
8. Household equipment- Selection and care
9. Furniture and furnishing materials

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
 - Environmental basis
3. Stages of Human Development- Biological basis
 - Infancy
 - Childhood
 - Adolescence
 - Adulthood
 - Old age
4. Aspect of Human development – Physical
 - Social
 - Emotional
 - Cognitive
 - Motor

Extension education

1. Extension Education – Meaning, Objective, 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, combining of Extension teaching methods. Extension teaching methods.(Individual contact, Group Contact and Mass contact.) Advantages 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 and 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 of evaluation.

7. Role of Home Science in Rural Development

Members of Departmental Council

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