



INSTITUTE OF HOME SCIENCE

THE UNIVERSITY OF KASHMIR

Hazratbal Srinagar-190006-(Kashmir) J&K

[NAAC Accredited Grade A⁺].

Syllabus for P.G. Entrance in Home Science(CBCS)-2022

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 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 of 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 characters.
- 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.