

UNIVERSITY OF MYSORE

Department of Studies in Food Science and Nutrition

Manasagangotri, Mysuru-570006

Regulations and Syllabus

**MASTER OF SCIENCE IN HUMAN DEVELOPMENT AND FAMILY STUDIES
(TWO YEAR REGULAR FULL-TIME PROGRAMME)**

Revised in 2024-25

Under

Choice Based Credit System (CBCS)

Continuous Assessment and Grading Pattern (CAGP)

UNIVERSITY OF MYSORE
GUIDELINES AND REGULATIONS LEADING TO
MASTER OF SCIENCE IN HUMAN DEVELOPMENT AND FAMILY STUDIES
(TWO YEARS- SEMESTER SCHEME UNDER CBCS)

Program Details	
Name of the Department	: Department of Studies in Food Science and Nutrition
Faculty	: Science and Technology
Name of the Program	: M.Sc. Human Development and Family Studies
Duration of the Program	: 2 years- divided into 4 semesters

PREAMBLE

The University of Mysore is offering M.Sc. Human Development and Family Studies program (Formerly known as Human Development) from the academic year 1993-94 in the Department of Studies in Food Science and Nutrition, Manasagangothri, Mysore. It is a two-year postgraduate program that deals with the study of how people develop physically, emotionally, and socially within the context of the self, family, and society from conception till death. The program offers an interdisciplinary approach to understand individual and family development across the lifespan by facilitating the students to have advanced theoretical knowledge, practical and research skills as well as to develop professional and entrepreneurial skills related to various fields of Human Development like Early childhood education, Children with special needs, Geriatric care, Assessment of Child Development and Problem behaviours, Guidance and Counseling services, Child and Family welfare programme so that students would be proficient enough to address issues and concerns of individual, family, and community. A hallmark of the program is to provide students with hands-on opportunities through internships/block placements to use the knowledge and skills gained in the classroom in professional work settings during the study period.

The program also permits students to carry out research studies so that students get to analyze and constructively address contemporary issues faced by diverse children, youth, families, and communities. As an applied subject, it is focused on family life, parenting, parent-child relationships, family stress, coping and adaptation, and mental health across the lifespan to help students how they can deal with sensitive situations and strengthen relationships and behaviors in their lives. The program is multidisciplinary and career-orienting in nature and opens many careers in both Government and Non-government sectors working at individual, family, and community levels for the welfare of human beings across the lifespan.

Objectives of the Master's program:

- ➡ To facilitate the students to work professionally and efficiently in Academics, Research, Curriculum Development, Management of institutions and welfare programs, Training, Extension, and Community Services related to Human Development and Family Studies.
- ➡ To describe the distinctive growth and development of individuals from conception to late adulthood, as well as to understand family issues and developmental challenges that occur due to biological and ecological conditions.
- ➡ To enable students to pursue higher education and research in infant, child, and adolescent growth and development, Marriage and Family, Parenting, Parent-child relationship, Early childhood education, Challenged children and special education, Reproductive health, Genetic problems and counseling, Adulthood, and aging, Family and child welfare program.
- ➡ To gain the skills to establish entrepreneurial setups like Early childhood educational institutions, Centres for Special Children, Homes for the aged, Homes for Orphans and destitute, Lifeskills training institutes, Short-stay homes for women in difficult circumstances, etc.
- ➡ To develop effective skills to extend guidance and counseling services to needy people, to identify developmental challenges through scientific measures, and to provide a stimulating environment and intervention for needy people for their optimum development.

ELIGIBILITY CRITERIA FOR M. Sc. PROGRAM IN HUMAN DEVELOPMENT AND FAMILY STUDIES

1. **Cognate subjects:** B.Sc./B.A. in Home Science/ Family and Community Science with specialization /Integrated /Composite programs; B.Sc./B.A. Human Development/Child Development/Home Science specialization/ Composite as one optional subject are eligible to apply for a Master's degree program in Human Development and Family Studies. B.Sc. in Care and Welfare as a composite/one optional subject is also eligible to apply. Postgraduate diploma in Early Childhood Care and Education/Child Development is also eligible to apply.
2. **Non-cognate subjects:** B.Sc./B.A. in Psychology/Anthropology/Sociology/Social Work/ Food Science and Nutrition/Clinical Nutrition and Dietetics/ Family Resource Management/ Zoology/ Nursing/Speech and Hearing/Special Education/Special Education and Rehabilitation as specialization /composite/one optional are also eligible to apply for M.Sc. Program in Human Development and Family Studies. B.Sc. Physiotherapy as a composite/one optional is also eligible to apply.

The students of above mentioned Cognate and Non-cognate subjects must clear an entrance examination either in Human Development and Family Studies or in their respective noncognate subjects conducted by the University of Mysore to seek admission to M.Sc. Program in Human Development and Family Studies. Preference at every stage of seat allocation will be given to students who have studied COGNATE subjects. If seats fall vacant, applicants from Noncognate subjects shall be considered.

3. Students from any Science degree are also eligible to seek admission to M.Sc. Human Development and Family Studies. They must clear an entrance examination in Human Development and Family Studies. The students shall undergo a bridge course/Foundation course in Human Development and Family Studies during the first semester to be qualified to pursue M.Sc. Human Development and Family studies.

Total Credit Matrix to award M.Sc. Degree in Human Development and Family Studies

	Course Type	Semesters				Total	
		I	II	III	IV	Requisite	Optional
1	Hard Core	16	16	10	10	52	52
2	Soft Core	6/12	4/12	4/16	6/14	20	54
3	Open Elective/ Swayam/MOOC	-	4	4	4	+4	12
	Total	22	20	14	16	72+4	118

Scheme of M.Sc. Human Development and Family Studies Program

Sl. No	Title of the Course	Hard/Soft/ Open elective	Credits /Paper			
			L	T	P	Total
I Semester						
1.1	Theories of Human Development and Behavior	Hard Core [16 Credits]	2	1	-	3
1.2	Methods and Techniques of Assessment in Human Development		2	1	2	5
1.3	Advanced Study in Human Development – I [Prenatal to Childhood]		2	1	1	4
1.4	Bio-Statistics and Computer Applications		1	1	-	2
1.5	Infant Development and Stimulation		1	1	-	2
1.6	Children with Developmental Challenges	Soft Core [Min 6 - Max 12 Credits]	3	1	-	4
1.7	Mental Health in Developmental Perspectives		3	1	-	4
1.8	Reproductive Health-Issues and Welfare Programmes		1	1	-	2
1.9	Parent-Child Relationship		1	1	-	2
II Semester						
2.1	Organization and Administration of Early Childhood Educational Institutions	Hard core [16 credits]	2	1	2	5
2.2	Advanced Study in Human Development – II [Adolescence and Youth]		2	1	1	4
2.3	Advanced Study in Marriage and Family		2	1	-	3
2.4	Guidance and Counseling		2	1	-	3
2.5	Seminar*		-	1	-	1
2.6	Genetic Disorders and Counseling	Soft Core [Min 4 - Max 12 Credits]	3	1	-	4
2.7	Women and Children in difficult circumstances		3	1	-	4
2.8	Behavioral Problems and Management Techniques		3	1	-	4
2.9	Early Childhood – Health, Nutrition and Education	Open Elective	3	1	-	4

III Semester						
3.1	Children with Special Needs	Hard Core [10 Credits]	2	1	2	5
3.2	Advanced Study in Human Development – III [Adulthood and Aging]		2	1	1	4
3.3	Scientific Writing **		-	1	-	1
3.4	Internship***	Soft Core [Min 4 - Max 16 Credits]	-	4	-	4
3.5	Legislation and Policy Issues in Family and Child Welfare		3	1	-	4
3.6	Foundations of Special and Inclusive Education		3	1	-	4
3.7	Human Rights of Women and Child		1	1	-	2
3.8	Gerontology – Challenges and Care		1	1	-	2
3.9	Adolescence – Problems and Guidance	Open Elective	3	1	-	4
IV Semester						
4.1	Life Skills Education	Hard Core [10 Credits]	2	1	1	4
4.2	Dissertation		-	6	-	6
4.3	Monitoring and Evaluation of Child and Family Welfare Programme	Soft Core [Min 6 - Max 14 Credits]	2	1	-	3
4.4	Family Stress, Coping, Adaptation and Resilience		2	1	-	3
4.5	Family Counseling and Family Therapy		1	1	-	2
4.6	Human Resource Development		1	1	-	2
4.7	Media and Human Development		1	1	-	2
4.8	Entrepreneurship in Human Development		1	1	-	2
4.9	Parenting in Childhood Years	Open Elective	3	1	-	4

Note:

- For all courses except Seminar and Internship distribution of IA and Exam marks are 15%+15%+70% each. The total credits needed for successful completion of the M.Sc. program is 76, [Hard Core: 52, Softcore: 20, and Open Elective: Min 4 credits from other disciplines during II, III, or IV semester] Minimum and Maximum credits to be enrolled per semester is 18 and 24 respectively.
- Hardcore courses on ***Seminar** ****Scientific Writing** and *****Internship** shall be evaluated only for Internal Assessment and No final examination will be conducted
- **Under the Seminar**, the student shall decide on the research problem/topic to undertake Dissertation research work in the IV semester. Students shall work under the supervision of a research guide and need to collect the review of literature, prepare a report, and present a seminar for internal evaluation. The research guide shall evaluate the report submitted by their students. All teaching faculty shall evaluate all students' performance through seminar presentations. The report marks (50%) and seminar performance marks (50%) together indicate the final marks of the seminar.
- **Under Scientific Writing**, Students shall be assessed continuously under C₁ (15%) and C₂ (15%) components by the in-charge teacher by considering students' involvement/participation, regularity, preparedness, creativity, presentation, assignment, and test. At the end, students shall prepare and submit a report for internal evaluation under the C₃ (70%) component.
- **Under the Internship**, each student shall be placed in different organizations (Governmental and Non-Governmental institutions) for 6 weeks during the vacation i.e. before the commencement of the III semester. A student shall be assigned to work under the supervision of the teaching faculty (Guide). The guide shall be in touch with students to get updates on their field experience and guide students to complete their internship. After the internship, the guide shall supervise their students to prepare an internship report. The student shall submit a report for internal evaluation.