

# PROSPECTUS



## COLLEGE OF HOME SCIENCE

NIRMALA NIKETAN

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Affiliated to the University of Mumbai

NAAC Accredited 'A' Grade'



The College of Home Science, Nirmala Niketan, is one of the premier colleges of Home Science in India. It is the only college of Home Science affiliated to the University of Mumbai. The college is a grant-in-aid institution with degree courses in Home Science including B.Sc. (Home Science), M.Sc. (Home Science) and Ph.D. in Home Science.

The college is a Christian minority institution, managed by Nirmala Niketan Institute, a Trust registered under the Societies Registration Act, 1860 and a Public Trust Act 1950, whose members belong to the congregation of the Daughters of the Heart of Mary. The Society is managed by a Governing Body whose Ex-officio Chairperson is the Provincial of the Daughters of the Heart of Mary in the northern province of India.

The College of Home Science, Nirmala Niketan, is one of the pioneering institutions catering to women's higher education in India. Till date, the B.Sc. Home Science course is only for women. The postgraduate courses are open to both women and men. Education in Home Science is offered to Christian students in particular, and at the same time, it is also offered to other students irrespective of their religion.

The college upholds academic excellence whereby young women (and young men in our postgraduate programmes) are equipped to successfully meet the challenges of family life as well as challenges arising from the professional world of a changing modern India. Through the curriculum, which is revised periodically, the college provides a socially relevant education that awakens the student's sense of social responsibility to reach out and share knowledge and skills with more vulnerable sections of the society.

The B.Sc. (Home Science) course entails a common academic programme for the first two years with specialization in the third year in one of the four branches (a) Foods, Nutrition and Dietetics; (b) Human Development; (c) Textile and Fashion Technology; and (d) Community Resource Management. The admission to the specialization is based on merit. The M.Sc. (Home Science) and PhD in Home Science are offered in three specializations: Foods, Nutrition and Dietetics; Human Development; and Textile and Fashion Technology. In addition, there is a postgraduate Diploma in Dietetics and Applied Nutrition course. Other than these degree courses, the College of Home Science also offers various value-added courses.

### **Vision of the college:**

The college aims at the total development of women, by providing learning opportunities to empower them with knowledge, skills and attitudes, to face personal and professional challenges with confidence, inculcating values of respect, commitment and concern for the service of others, thereby enabling them to make a positive contribution to the society in the 21st century.

### **Goals of the College:**

The college aims at the development of women through an education that is... a)

Life-oriented

b) Career-oriented

c) Community-oriented

### **Mission of the College:**

- To work dedicatedly towards women's empowerment through socially-relevant, holistic, interdisciplinary education.
- To sensitize students to the needs of others, especially of those less advantaged, and foster a service orientation.
- To respect egalitarian justice, use participatory governance, and build capacity among students and staff.
- To continually innovate and deliver a curriculum that is globally valuable, locally relevant, and responsive to changing times and needs.
- To forge and enhance linkages with communities and organisations at multiple levels (e.g., local, regional, national, and international).
- To contribute to the national and international knowledge base in Home Science and allied fields.

### **Facilities in the College**

- The College of Home Science, Nirmala Niketan, is situated in an eight-storied building in South Mumbai (i.e., ground floor plus seven floors) The college is easily accessible, since it is within walking distances from the terminus Western and Central railways. Other than

the senior college, the college building also houses the Junior College and the Nirmala Niketan Polytechnic.

- There are well-lit and well-ventilated classrooms equipped with audio-visual, IT facilities. The college hall, the students' common room, and the student infirmary are on the ground floor. Wifi services are available to the students and staff in classrooms, library, computer centre, staffrooms, and offices.\

### Laboratories:

- In line with the varied curricula of Home Science, the college has many laboratories for various subjects viz: Chemistry, Biology, Food, Clothing, Interior-designing, Computer, Psychological Testing, and a Counseling laboratory . Two of the laboratories are for multipurpose use .In addition multiple sections of the college also serve as the Housekeeping laboratory . The laboratories have been remodeled and have good lighting, modern fittings, and upgraded equipment and technology to match the requirements of the evolving syllabi that are conducive to performing practicals at undergraduate, postgraduate and doctoral levels, and for other research purposes as well.



### The College Library

- The College Library situated on the fourth floor meets the requirements of a modern information centre and also provides materials and services to assist studying. The library facilities benefit students, teachers and other staff of the college as well as those from other educational institutions, industry etc.



- The library functions on all the days of the year from 8.30 a.m to 6.00 p.m, except on Sundays and public holidays. Library timings are changed during the vacations. These changed library timings are posted on relevant notice boards and on the college website.
- Other than providing space for studying and referring to the resources in the library, the library has the following technologically-aided facilities:
  - Acquisition of Books/CDs /Bound volumes /dissertations
  - OPAC (Online Public Access Catalogue)
  - Lending of books and other library resources (issue and return for staff and students)
  - Article Indexing for Research Journals
  - Library Database
  - E-Journals
  - Bar Coding of Books
  - Bibliography (list of Books/Dissertation /Journals /Bound Volumes)
  - Computers
  - Internet and printout facility, wifi

#### **Computer laboratory:**

- Today's need for acquisition of global information and rapid communication using Information and Communication Technologies is being met by the Computer Centre. The Computer Centre is well equipped with 25 computers with a Network system (LAN), internet, and wifi. The centre also has facilities for printing, scanning and photocopying. Here, the students learn various software as per the syllabus requirement.



#### **Cafeteria**

- Canteen services are available at the Institute hostel across the road.

#### **Hostel**

- Hostel facilities are available for outstation students at two locations: in the Institute building (that houses the College of Social work) diagonally across from our college building, and in Goregoan, at Prem Ankur in St. Pius campus.
- The campus hostel has a capacity to accommodate 70 students. Some of the rooms can accommodate two students and some three. There is an allotment of seats across the different sections of the college. Applications are accepted only after admission to the college has been secured. The hostel has a mess where subsidized meals and refreshments to hostelites and guests are served.

### **Counselling Services**

- The college has a professional counselor who can help students achieve greater wellbeing. The counsellor uses a holistic approach to help students increase selfawareness and overcome academic and personal challenges through individual or group sessions.

### **Employment Placement Cell**

- The Employment placement Cell (EPC) of the college assists graduating students to get started in careers of their choice. The EPC liaises and builds contacts with different organizations, institutions and NGOs that provide career opportunities to students on graduation. On-campus interviews are arranged by the EPC.

### **College Magazine:**

- The annual college magazine titled 'Expressions' showcases the activities in the academic year both in words and pictures. It also presents the creative literary talents of our students and faculty. It is also one of the platforms to appreciate all the achievers and their accomplishments in the past academic year. It also included the graduating students' class photographs and staff photographs.

### **College Committees**

- The college has many committees. Through these committees and their activities, students can experience college governance, and engage in cultural, literary, social service, sports, religious and recreational events. College committees with student members include: the Internal Quality Assurance Cell (IQAC), Grievance Cell and AntiRagging Cell, Student Council, Employment Placement Cell, National Service Scheme (NSS), Cultural Committee, Magazine Committee, Sports Committees, Women's Development Cell, Inter-Faith Committee, Diet Counselling Committee, Institute Innovation Cell of MHRD, and MOOC Committee. Many festivals and national/international days such as Independence Day, Teacher's Day, International Women's Day, World AIDS Day, Marathi Bhasha Diwas, Dr Ambedkar Jayanti, and Peace Day

are celebrated or commemorated in the college. Importantly, there is an annual College Week.



### **Alumni Association**

- The Alumni Association, is a body of ex-students of the college, which has been in existence since 1980.

### **Research Centre**

- To strengthen the contribution towards research, a 'Research Centre' was setup in the year 2002. This Research Centre stands testimony to the college's endorsement of the integral role of research in a place of learning.
- Over the years, the center has conducted several projects on current and specific issues funded by the UGC and other national/international agencies. The center is also involved in initiating and conducting short-term/long-term research projects in collaboration with various industries. It serves as a platform for encouraging quality research and for disseminating and exchanging latest research information in the various branches of Home Science.
- 'Research Reach' (ISSN 0974-617X.) is a bi-annual journal published by the Research Centre and it serves as a forum for scientists and young scholars to publish and share their research experiences with other professionals in Home Science Institutes across India and abroad. Efforts are on to get the journal listed in the UGC CARE list of journals.

### **Promotion of Scientific Temper among Students**

- Research is an integral part of the curriculum and co-curricular activities at all levels. Each year T.Y.B.Sc. to Ph.D students of the college participate in the Inter University Avishkar Research Convention. Several students have won recognition at subsequent levels of the Avishkar Convention, and have also secured gold and silver medals at the State Level Avishkar Research Convention.
- Undergraduate students are also encouraged to take on the role of young scientists by conducting a research at the F.Y.B.Sc. and S.Y.B.Sc. levels. A new initiative called



Awareness and Action Research for Youth Awakening (AARYA) has been instituted in the college. The college organizes and hosts an AARYA intercollegiate interdisciplinary undergraduate research competition each year. This is a first of its kind activity providing a scientific platform to the First year and Second year students.

#### **Collaboration with Department of Lifelong Learning and Extension (DLLE), University of Mumbai**

- The college collaborates with DLLE, University of Mumbai, for extension and research.

#### **Other Facilities**

- Other facilities include Mentoring Services, a Gymnasium, a Diet Counselling Centre, a Grievance Cell, an Internal Quality Assurance Cell (IQAC), and a Prayer Room.

#### **Other relevant Information**

- Students applying for certificates, testimonials etc. to be attested by the Principal should contact the office.

#### **Timings of College General Office & Accounts Office:**

- Monday to Friday: 10.00 to 12.00 noon and 3.00 to 4.00 pm
- Saturday: 10.00 to 12.00 noon
- During vacation, Monday to Saturday from 10.00 to 12.00 noon
- Timing for meeting Principal 10.00 a.m. to 12.00 noon by appointment only.

#### **Holidays**

- The College will be closed on
  - Sundays and all public holidays as declared by the Government
  - Holidays prescribed by the University both for the vacations, the midterm break, and for the Christmas break.
  - Any such days as the Principal may declare from time to time (Announcement through the website & through Coordinators and Department Heads and on the College Notice Board)





#### **Admission Procedures:**

- Application for admissions must be made in the college office following the required procedures. The application forms must be completed and duly submitted as per dates given by the college.
- In case of cancellation of admission the refund (if any) will be as per the rules laid down by the University of Mumbai.
- **T.Y.B.Sc. (Home Science) specialization allocation will be based on merit.**

#### **Eligibility for Admission to the F.Y .B.Sc. (Home Science) Course**

- A candidate for being eligible for admission to the three year B.Sc. (Home Science) degree course must have passed the Higher Secondary School Certificate Examination (Std XII) in Science stream conducted by the Maharashtra State Board of Secondary and Higher Secondary Education or any other equivalent Examination recognized by the University of Mumbai with the following compulsory subject: English, Chemistry, Biology.

#### **Admission Requirements:**

- Admission to the F.Y. B.Sc. (Home Science) course is through the College Office by filling up and submitting an online application form available on the college website [www.nirmalaniketan.com](http://www.nirmalaniketan.com).
- The University of Mumbai has made it mandatory for all candidates seeking admission to the First year courses in the Degree Colleges to fill in the **“Pre-Admission Online Registration Form”** which is available on [mum.digitaluniversity.ac](http://mum.digitaluniversity.ac) (to be submitted along with the college application form)

- Actual admissions to the course will be on the dates declared by the University of Mumbai. Candidate and a parent/guardian should be present at the time of admission. The admission notices will be notified on the college website, and on the College Notice Board.
  - On being admitted, the student shall immediately submit the following documents : -  
University of Mumbai Pre-admission Online Registration form
    - Leaving Certificates / Transfer certificate of Std. XII (Original + attested copy)
    - H.S.C. Statement of Marks (Attested copy)
    - Baptism Certificate (for Minority Community-Christians) (Original Certificate + attested copy)
    - Caste Certificate (attested copy if applicable)
    - Documentary Evidence for Special Category status (attested copy if Applicable)
    - SSC Passing Certificate (attested copy required for getting Eligibility Certificate)
    - Migration Certificate (Original + copy for other than Maharashtra State Board Students) required for getting Eligibility Certificate)
    - Aadhar Card (attested copy)
    - Two passport size photographs
- Note : The candidate is required to bring the originals of all the above mentioned documents for verification at the time of admission)

#### **Eligibility Certificate requirement for students applying for B.Sc. (Home Science) program**

- Candidates passing Class XII Examinations from **Foreign Boards** and students passing from International Baccalaureate (I.B.) or “A” levels examinations – General Certificate of Education (GCE) / Cambridge, International School Exam (CIE) of Cambridge or University of London are required to first approach the Eligibility Section of the University of Mumbai and obtain a Prima Facie eligibility letter.

**International Students (FR, FS, PIO, OCI, NRI) who are interested in seeking admission are required to approach the link ([mu.admissiondesk.org](http://mu.admissiondesk.org)) available on the website of the University of Mumbai ([www.mu.ac.in](http://www.mu.ac.in))**

### 3 YEAR B.Sc. (HOME SCIENCE) PROGRAM

#### Admission Requirements for F.Y. B.Sc. (Home Science):

#### For SC/ST/OBC/SBC/ & NT:

1. Caste Certificate 2. Income Certificate
- 3 Previous Year's Mark sheet                      4. Ration Card copy (photocopy) 5. Aadhar card (photocopy)

#### Fees:

F.Y.B.Sc.....	Rs.8618/-
S.Y.B.Sc.....	Rs. 7248/-
T.Y.B.Sc. (any branch).....	Rs. 6898/-

#### College Development Fees :

#### College of Home Science, Junior and Senior College Fund Fees

Computer Maintenance & Wifi facilities	Rs. 2500/-
Extension and Field Work	Rs. 1000/-
Student Activities	Rs. 1500/-
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	5000/-
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#### F.Y.B.Sc. (Home Science)

(w.e.f. June 2016-17)

F. Y. B.Sc.(Semester I)	F. Y. B.Sc.(Semester II)
Theory Subjects	Theory Subjects
Food Science	Basic Nutrition
Child Development	Adolescent Development
Fibre to Fabric	Psychology of Clothing
Aesthetics in Interiors	Introduction in Tourism and Hospitality Industry
Contemporary Social Issues *Computer Application(Value Added)	Environment Sustainable Development
Practical Subjects	Practical Subjects
Food Science	Introductory Food Analysis and Biochemistry

Pattern Making and styling for Kidswear	Pattern Making, Garment Construction and Styling for Kidswear
Aesthetics in Interiors.	Skills for the Hospitality Industry

□ Additional fee will be charged for the computer classes. Unless a student passes the Computer Examination, the student will not get the credits of the said paper.

### **S.Y.B.Sc. (Home Science)**

**(w.e.f June 2017-18)**

<b>S. Y. B.Sc.(Semester III)</b>	<b>S. Y. B.Sc.(Semester IV)</b>
<b>Theory Subjects</b>	<b>Theory Subjects</b>
Foundation Course	Foundation Course *Computer Application(Value Added)
Nutrition and Meal Planning	Nutrition and Meal Planning
Marriage and the Family	Development in Adulthood- Special Topics
Traditional Textiles and Costumes of India	Sectors of Textiles and Apparel Industry
Principles of Management	Introduction to Ergonomics
<b>Practical Subjects</b>	<b>Practical Subjects</b>
Nutrition and Meal Planning	Nutrition and Meal Planning II
Human Development Principles of Working with Children	Human Development Principles of Working with Adolescent and Adults
Pattern Making, Garment Construction and Styling for Women's Wear	Pattern Making, Garment Construction and Styling for Women's Wear

□ Additional fee will be charged for the computer classes. Unless a student passes the Computer Examination, the student will not get the credits of the said paper.

### **T. Y. B.Sc. (Home Science) - Branch I : Foods Nutrition and Dietetics**

**(w.e.f June 2018-19)**

<b>Semester V</b>	<b>Semester VI</b>
<b>Theory Subjects</b>	<b>Theory Subjects</b>
Nutritional Biochemistry- I	Nutritional Biochemistry- II
Clinical Nutrition and Diet Therapy	Clinical Nutrition and Diet Therapy
Food Microbiology and Preservation	Food Processing

Human Nutrition- Micronutrients	Human Nutrition- Micronutrients and Functional Foods
Community Health and Nutrition	Nutritional Surveillance
Food Production and Service in Institutions	Entrepreneurship in Food Nutrition
<b>Practical Subjects</b>	<b>Practical Subjects</b>
Diet Therapy	Diet Therapy
Food Analysis & Clinical Biochemistry- I	Food Analysis & Clinical Biochemistry- II
Application of Food Production and service	Applied Nutrition
Community Nutrition. Community Nutrition.	Entrepreneurial Skill Development

**T. Y. B.Sc. (Home Science) - Branch II : Human Development**

**(w.e.f June 2018-19)**

<b>Semester V</b>	<b>Semester VI</b>
<b>Theory Subjects</b>	<b>Theory Subjects</b>
Introduction to Counselling	Counselling & Psychological Testing
Human Exceptionality I	Human Exceptionality II
Curriculum Planning and Assessment in Early Childhood Education I	Curriculum Planning and Assessment in Early Childhood Education II
Theories of Human Behaviour and Development	Human Development and Family Studies
Methods of Studying Human Behaviour and Development	Introduction to Psychological Disorders across the Life span
School Administration	Social Psychology
<b>Practical Subjects</b>	<b>Practical Subjects</b>
Curriculum Planning for Children in Education Settings	Community-based Services for Children and Youth
Conducting Developmentally- Appropriate Activities for Children in Education Settings	Community-based Services for Adults
Methods of Studying Human Behaviour and Development	Human Exceptionality
School Administration	Children's Media

**T. Y. B.Sc. Home Science - Branch III : Textile & Fashion Technology**

**(w.e.f June 2018-19)**

<b>Semester V</b>	<b>Semester VI</b>
<b>Theory Subjects</b>	<b>Theory Subjects</b>
Woven Fabric Structure & Construction	Knitted and Nonwoven Fabric Structure & Construction
Textile & Garment Processing, Coloration & Finishing	Textile Testing & Quality Assurance
World Historic Textiles	World Historic Costumes
Fashion Studies	Fashion Grooming & Styling
Textile & Apparel Marketing	Textile & Apparel Merchandising and Entrepreneurship
<b>Practical Subjects</b>	<b>Practical Subjects</b>
Woven Fabric Structure & Construction	Knitted and Nonwoven Fabric Structure & Construction
Textile & Garment Processing, Coloration & Finishing	Textile Testing & Laundry Science
Indian Traditional Embroidery	Textile Designing & Fashion Illustration
Pattern Making & Garment Construction- Women's wear	Pattern Making & Garment Construction- Men's wear
Part A- Project work I - Commercial Contemporary Product/ Service Development	Part A. Project work I- Entrepreneurial Skill Development in Textile and Fashion
Part B - Project work II-Sustainable Community Work	Part B. Project work II- Sustainable Social Entrepreneurship

\*The candidate is required to submit the certificate of completing One year Diploma course in: " CAD, CAM and Computer Technologies in the Apparel Industry- Basic" Before completion of B.Sc. (Home Science) course.

**T. Y. B.Sc. Home Science -Branch IV : Community Resource Management**

**(w.e.f June 2018-19)**

<b>Semester V</b>	<b>Semester VI</b>
<b>Theory Subjects</b>	<b>Theory Subjects</b>

Residential Interior Design	Residential Furnishing and Kitchen Planning
Hotel Front Office	Hotel Housekeeping
Human Resource Management	Environment Issues and Challenges
Consumer Behaviour and Marketing Management	Entrepreneurship Development
Human Performance at Environment Extremes	Workplace Safety and Total Quality Management
Extension Education and Development	Brand and Retail Management
<b>Practical Subjects</b>	<b>Practical Subjects</b>
ELECTIVE I • Residential Interiors <b>or</b> • Hotel Front Office and House Keeping	ELECTIVE – I • Kitchen Planning <b>or</b> • Managing Housekeeping Operations
ELECTIVE –II • Rendering and Presentation Techniques Hotel Front Office Operations <b>or</b> • Training and Development for the Hospitality Industry	ELECTIVE – II • Residential Furnishings <b>or</b> • Events in Hospitality Industry
Ergonomics Investigation and Analysis-I	Ergonomics Investigation and Analysis-II
Community Extension	Extension & Entrepreneurship Management

**POST GRADUATE PROGRAMS  
(AFFILIATED TO THE UNIVERSITY OF MUMBAI)**

**Admission Requirements:**

- Admission to the M.Sc. (Home Science) course is through the College Office by filling up and submitting a college application form.



- The University of Mumbai has made it mandatory for all the candidates seeking admission to the Post Graduate courses to fill in the **“Pre-Admission Online Registration Form”** which is available on [mum.digitaluniversity.ac](http://mum.digitaluniversity.ac) which is to be submitted at the time of admission to the course along with the college application form.
- Actual admissions to the course will be on the announced date, candidate should be present at the time of admission. The admission notices will be notified on the college website, and on the College Notice Board. On being admitted, the student shall immediately submit the following documents (Original along with 2 attested photocopies) :
  - Mumbai University Pre-admission Online Registration form
  - Leaving Certificate / Transfer certificate (Original)
  - H.S.C. Statement of Marks (Attested copy)
  - FY/SY/TY Statement of marks (Attested copy)
  - Degree Certificate (Attested copy)
  - SSC Passing Certificate (required for getting Eligibility Certificate)
  - Baptism Certificate (for Minority Community-Christians)
  - Caste Certificate (Attested copy If applicable)
  - Documentary Evidence for Special Category status (Attested copy If applicable)
  - Migration Certificate (Original required for other than Mumbai University candidates) - Aadhar Card (Attested copy)
  - Two passport size photographs

#### **\*ELIGIBILITY CERTIFICATE**

\*Students passing from **Universities other than Mumbai University and seeking admissions to M.Sc. (Home Science) program are required to apply for a Provisional Eligibility Certificate** through the College at the time of admission. Eligibility fees of Rs. 320/- and verification of document fees of Rs. 500/- (Total Rs. 820/-) should be submitted to the college office at the time of admission. Post admission, confirmation of eligibility is initiated by the college office with the help of documents listed above.

**International Students (FR, FS, PIO, OCI, NRI)** who are interested in seeking admission are required to approach the link ([mu.admissiondesk.org](http://mu.admissiondesk.org)) available on the website of the University of Mumbai ([www.mu.ac.in](http://www.mu.ac.in))

\*Admission and eligibility requirement are subject to change as per the circulars and notifications issued by the University of Mumbai from time to time.

#### **M.Sc. (Home Science) Branch IA : Foods, Nutrition & Dietetics**

For being eligible for admission to the Master of Science (Home Science) degree course by papers in the Branch IA: Foods, Nutrition & Dietetics, a learner must have passed either :

1. Bachelor of Home Science (General or any Specialization)
2. B.Sc. with Microbiology/Biochemistry/Life Sciences/ Biotechnology and Combinations.
3. P.G. Diploma in Dietetics and Applied Nutrition/Clinical Nutrition
4. B.Sc. Human Science

□ **Learners of any gender are eligible to apply for admission to the course.** □

**Admission Criteria will be based on qualifying entrance examination.**

**Student Intake Capacity: 10**

**Duration of the Course: 2 years**

**M.Sc. I Fees: 16682/- (Inclusive of University Registration Fees)**

**M.Sc. II Fees: 14557/-**

**Please note that the fees subject to change based on University directives.**

**Subjects - M.Sc. (Home Science) Branch I A: Foods Nutrition & Dietetics**

<b>SEMESTER I</b>	<b>SEMESTER II</b>
<b>Theory Subjects</b>	<b>Theory Subjects</b>
Research Methods and Biostatistics – Paper I	Research Methods and Biostatistics - Paper II
Advances in Nutritional and Clinical Biochemistry - I	Advances in Nutritional & Clinical Biochemistry. - II
Nutritional Management of Chronic Degenerative Diseases	Critical Care Nutrition
Maternal and Child Nutrition	Adolescent, Adult and Geriatric Nutrition
Food Science and Processing	Food Safety and Quality Assurance
<b>Practical Subjects</b>	<b>Practical Subjects</b>
Biochemistry and Food Analysis - I	Biochemistry and Food Analysis - II
Principles of Food Science	Development of Food Product

<b>SEMESTER III</b>	<b>SEMESTER IV</b>
<b>Theory Subjects</b>	<b>Theory Subjects</b>
Advances in Human Nutrition – I	Advances in Human Nutrition – II
Clinical Nutrition and Therapeutic Dietetics	Nutritional Therapeutics
Nutritional Epidemiology	Public Health Nutrition

Nutrition for Exercise and fitness	Food Psychology
<b>Practical Subjects</b>	<b>Practical Subjects</b>
Dissertation	Dissertation
Therapeutic Dietetics– I	Therapeutic Dietetics - II
Internship	Alternative Health Strategies and Therapies

**M.Sc.**  
**Branch II: Human Development**

**Eligibility Requirements:**

For being eligible for admission to the Master of Science (Home Science) degree course by papers in the branch of Human Development, a learner must have passed either

1. Bachelor of Home Science with specialization in Human Development / Child Development or any sub specialization such as, Early Childhood Education and Developmental Counseling
  2. Bachelor of Science with Human Development/ Child Development
  3. Bachelor of Home Science – General or any Specialization (viz. Foods, Nutrition and Dietetics, Textile and Fashion Technology, Community Resource Management, Extension Education)
  4. Bachelor of Arts : Psychology/ Sociology as a major / part fulfillment
  5. Bachelor of Education
  6. Bachelor of Social Work
- **Learners of any gender are eligible to apply for admission to the course.**
  - **Admission Criteria will be based on qualifying entrance examination**

**Student Intake Capacity:** 10

**Duration of the Course:** 2 years

**M.Sc. I Fees:** 16682/- (Inclusive of University Registration Fees)

**M.Sc. II Fees:** 14557/-

**Please note that the fees are subject to change as per University directives.**

**Subjects - M.Sc. (Home Science) Branch II : Human Development**

<b>SEMESTER I</b>	<b>SEMESTER II</b>
<b>Theory Subjects</b>	<b>Theory Subjects</b>
Research Methods and Statistics I	Research Methods and Statistics II
Advanced Study of Theories of Human Behaviour and Development I	Advanced Study of Theories of Human Behaviour and Development II
Advanced Study of Counselling and Psychological Testing I	Advanced Study of Counselling and Psychological Testing II
Research in Early Childhood, School, and Higher Education	Special Topics in Human Development: Health Psychology & Positive Psychology
<b>Practical Subjects</b>	<b>Practical Subjects</b>

**(Home Science)**

Group Research Project I	Group Research Project II
Early Childhood Education Practicum	Practicum in Other Human Development Agencies
Counselling Practicum I	Counselling Practicum II
Psychological Testing Practicum I	Psychological Testing Practicum II
<b>SEMESTER III</b>	<b>SEMESTER IV</b>
<b>Theory Subjects</b>	<b>Theory Subjects</b>
Developmental Science I	Advances in Research in Human Development II
Advanced Study of Human Exceptionality	Advanced Study of Psychological Disorders
Advanced Family Studies	Advanced Special Topics: Adolescence Late Adulthood
<b>Practical Subjects</b>	<b>Practical Subjects</b>
Dissertation	Dissertation
Supervision of Curriculum Planning in Education Settings	Supervision and Administration of Child and Youth Community-Based Service Agencies
Supervision of Conduction of Developmentally-Appropriate Activities in Education Settings	Supervision and Administration of Adult Community-Based Service Agencies
Meta-analysis/Seminar	Alternative Health Strategies and Therapies
Internship I	Internship II

**M.Sc.**  
**Branch III : Textile & Fashion Technology**

For being eligible for admission to the Master of Science (Home Science) degree course by papers in the branch III : Textile & Fashion Technology, a learner must have passed either-

1. Bachelor of Home Science with specialization in Textile & Clothing/Clothing & Textile
  2. Bachelor of Home Science with specialization in Textile and Fashion Technology
  3. Bachelor of Home Science with specialization in any branch of Home Science
  4. Bachelor of Home Science (General)
  5. Bachelor of Science (Biological Sciences)
  6. Bachelor of Science (Chemistry)
  7. Bachelor of Fashion Design or Bachelor from any Design stream.
- **Bridge Course/Tutorials for Bachelors students from non Textile, Clothing and Fashion/Design Background:**  
**Basic knowledge of Pattern Making and Garment Construction (syllabus as per TYBSc. TFT) Basic knowledge of Textile Science (Syllabus of FYBSc & SYBSc) These can be undertaken during the MSc Sem I and II simultaneously.**
  - **Learners of any gender are eligible to apply for admission to the course.**
  - **Admission Criteria will be based on qualifying entrance examination**

**Student Intake Capacity: 10**

**Duration of Course: 2 years**

**M.Sc. I Fees: 16682/- (Inclusive of University Registration Fees) M.Sc.**

**II Fees: 14557/-**

**Please note that the fees are subject to change based on University directives.**

**Subjects - M.Sc. (Home Science) Branch III : Textile & Fashion Technology**

<b>SEMESTER I</b>	<b>SEMESTER II</b>
<b>Theory Subjects</b>	<b>Theory Subjects</b>
Research Methods and Statistics I	Research Methods and Statistics II
Global Merchandising	Global Marketing and Entrepreneurship
Natural Fiber Science	Regenerated and Synthetic Fiber Science
Textile & Garment Finishing	Technical Textiles
<b>Practical Subjects</b>	<b>Practical Subjects</b>
Home Textiles - Designing & Product Development	Accessory Making and Product Development

**(Home Science)**

Pattern Making, Grading and Garment Construction- Women's Wear	Pattern Making, Grading and Garment Construction- Men's Wear
Value addition through Finishes - Textile and Garment	Value addition through Dyeing and Printing
CAD- Textile & Fashion Illustration and Design Development	Fashion Photography and Visual Merchandizing

<b>SEMESTER III</b>	<b>SEMESTER IV</b>
<b>Theory Subjects</b>	<b>Theory Subjects</b>
Global Fashion Scenario	Trend Research Forecasting
Management & Administration in the Textiles & Apparel Business	Media & Communication for Textile & Fashion
Garment Production Technology	Intellectual Property Rights for Textiles & Garments
<b>Practical Subjects</b>	<b>Practical Subjects</b>
Draping (Knits & Wovens) & Grading	Sustainable & Ethical Design Development for Textiles & Apparel
World Textile Embroideries and Textile crafts	Costume Designing, Styling and Promotion for Media- Cinema, Serials, Stage
Women's Apparel Design and Production	Men's Apparel Design and Production
Internship	Alternative Health Strategies and Therapies
Research Dissertation	Research Dissertation



**M.Sc.**  
**Branch IB: Food Processing and Preservation**  
**(Self-Financed Course)**

For being eligible for admission to the Master of Science (Home Science) degree course by papers in the Branch IB: Food Processing and Preservation, a learner must have passed either :

1. B.Sc. with Home Science (general or any specialization)
  2. B.Sc. with Microbiology / Biochemistry / Life Sciences / Chemistry / Biotechnology – 6 units or Combinations
  3. B.Sc. with Chemistry along with Microbiology/ Biochemistry/ Life Sciences Combinations
  4. P.G. Diploma in Dietetics and Applied Nutrition/ Clinical Nutrition
  5. B.Sc. Human Science
- **Learners of any gender are eligible to apply for admission to the course.**
  - **Admission Criteria will be based on qualifying entrance examination**

**Student Intake Capacity:** 20

**Duration of Course:** 2 years

**M.Sc. I FEES:** Rs. 40.227/-

**M.Sc. II Fees:** Rs. 38.752/-

**Please note that the fees are subject to change based on University directives.**

**Subjects - M.Sc. (Home Science) Branch I B: Food Processing & Preservation**

<b>SEMESTER I</b>	<b>SEMESTER II</b>
<b>Theory Subjects</b>	<b>Theory Subjects</b>
Research Methods and Biostatistics - Paper I	Research Methods and Biostatistics - Paper II
Food Chemistry	Principles of Food Preservation
Advances in Food Science	Food Informatics and Packaging
Advanced Food Microbiology	Principles of Food Analysis
Nutrition and Biochemistry	Advances in Human Nutrition
<b>Practical Subjects</b>	<b>Practical Subjects</b>
Food Science	Food Product Development Practical
Analytical Food Chemistry - I	Analytical Food Chemistry-II Practical

<b>SEMESTER III</b>	<b>SEMESTER IV</b>
<b>Theory Subjects</b>	<b>Theory Subjects</b>
Food Quality Assurance	Food Biotechnology

**(Home Science)**

Processing of Plant Foods	Processing of Animal Foods
Nutraceuticals and Functional Foods	Entrepreneurship in Food Industries
Nutrition Across Life Span	Food Psychology
<b>Practical Subjects</b>	<b>Practical Subjects</b>
Research Dissertation	Research Dissertation
Food Safety, Quality Control and Shelf Life Studies	Food Product Development and Analysis
Internship (2 months)	Market Research and Consumer Behaviour

**M.Sc. (Home Science)**  
**Branch IC: Sports Nutrition**  
**(Self-Financed Course)**

For being eligible for admission to the Master of Science (Home Science) degree course by papers in the Branch IC: Sports Nutrition, a learner must have passed either :

1. B.Sc. with Home Science (general or any specialization)
  2. B.Sc. with Microbiology / Biochemistry / Life Sciences /  
Biotechnology/Zoology/Botany/Biological Science – 6 units or Combinations
  3. B.Sc. with Chemistry along with Microbiology/ Biochemistry/ Life Sciences Combinations
  4. P.G. Diploma in Dietetics and Applied Nutrition/ Clinical Nutrition
  5. B.Sc. with Nursing/Physiotherapy/B.P.Ed.
  6. Medical Graduates any discipline (MBBS)
  7. B.Sc. Human Science
- **Learners of any gender are eligible to apply for admission to the course.**
  - **Admission Criteria will be based on qualifying entrance examination**

**Student Intake Capacity: 20**

**Duration of Course: 2 years**

**M. Sc. I FEES: Rs. 40,227/-**

**M.Sc. II Fees: Rs. 38,752/-**

**Please note that the fees subject to change based on University directives.**

**Subjects - M.Sc. (Home Science) Branch I C : Sports Nutrition**

<b>SEMESTER I</b>	<b>SEMESTER II</b>
<b>Theory Subjects</b>	<b>Theory Subjects</b>
Research Methods and Biostatistics Paper I	Research Methods and Biostatistics Paper II
Human Physiology and Kinesiology	Nutrition for Endurance Sports
Advances in Nutritional and Clinical Biochemistry	Exercise Physiology
Nutrition and Fitness	Ergonomics
Principles of Nutritional Assessment	Nutrition through Lifecycle
<b>Practical Subjects</b>	<b>Practical Subjects</b>
Diet planning	Diet Planning for Endurance Sportspersons (Practical)
Assessment of Body Composition and	Exercise Physiology (Practical

<b>SEMESTER III</b>	<b>SEMESTER IV</b>
<b>Theory Subjects</b>	<b>Theory Subjects</b>
Nutrition for Resistance and Power Sports	Entrepreneurship
Nutrition for Team Sports	Nutrition for Sportsperson with Special Conditions
Food psychology and Nutritional Counselling	Sports and Fitness Management
Dietary Supplements and Functional Foods	Strategies for Holistic Health
<b>Practical Subjects</b>	<b>Practical Subjects</b>
Diet planning for resistance, power and team sports	Diet Planning for Sportsperson with Special Conditions
Research Project	Research Project
Internship (2 months)	Training in Alternative Strategies for Fitness

**POST GRADUATE DIPLOMA IN DIETETICS AND APPLIED NUTRITION  
(AFFILIATED TO THE UNIVERSITY OF MUMBAI)  
(Self-Financed Course)**

**Eligibility Requirements:**

For being eligible for admission to the Post Graduate Diploma in Dietetics & Applied Nutrition course by papers a learner must have passed either-

1. B.Sc. with Home Science
  2. B.Sc. with Biochemistry, Life Sciences, Microbiology, Biotechnology, Chemistry, Botany, Zoology.
  3. B.Sc. with Chemistry along with Microbiology / Biochemistry / Life Sciences/ Any Biological Sciences, B.Sc. Nursing/ Physiotherapy/B.P.Ed.
  4. Bachelor of Science (B.Sc.) – Interdisciplinary Science with Biological Sciences at third year.
  5. Medical Graduates any discipline (MBBS, BAMS, BHMS, BDS).
- **Learners of any gender are eligible to apply for admission to the course.**
  - **Admission Criteria will be based on qualifying entrance examination**

**Student Intake Capacity: 20**

**Duration of Course:** 1 year plus & 2-months internship

**FEES:** 23,592/- (Inclusive of University Registration Fees)

**Please note that the fees are subject to change based on University directives.**

**Subject : Post Graduate Diploma In Dietetics And Applied Nutrition**

<b>SEMESTER I</b>	<b>SEMESTER II</b>
<b>Theory Subjects</b>	<b>Theory Subjects</b>
Physiology	Physiology
Basic Nutrition	Basic Nutrition
Applied Nutrition and Public Health	Applied Nutrition and Public Health
Foods and Dietetics	Foods and Dietetics

Food Service Management	Food Service Management
Clinical Nutrition	Clinical Nutrition
<b>Practical Subjects</b>	<b>Practical Subjects</b>
Diet Therapy	Diet Therapy
Clinical Testing	Food Analysis
Applied Nutrition Field Work	Applied Nutrition and Public Health Part A: Field Work Part B : Rural Camp Part C : Hospital Internship

### **Ph. D (Science) in Home Science**

Candidates who wish to register for the Ph.D. (Science) in Home Science program should

- Demonstrate a capacity for satisfactory performance of advanced academic work and potential for scholarship.
- Demonstrate adequate knowledge of Research Methods and Statistics.
- Have a Master's Degree in "Home Science" and other related course from a recognized University with Minimum 55%

Applicants who have qualified in GATE/SET/NET/(JRF) examinations are exempt from appearing for PET. Applicants who hold a Teacher Fellowship with CSIR/UGC/ICAR/ ICMR and DBT are also exempted.

As per the University of Mumbai regulations, students registered for the doctoral programme will have to reside in Mumbai from the date of registration till date of submission of the thesis.

A student from another University will have to obtain a provisional statement of eligibility from the University of Mumbai.

### **Add-on Diploma/Certificate Courses:**

**Recognized by University of Mumbai:**

- 1) One year Diploma Course in CAD, CAM and Computer Technologies in the Textile and Apparel Sector Industry- (Recognized by University of Mumbai)
- 2) Visual Merchandising  
(Recognized by University of Mumbai)
- 3) Entrepreneurship in Textile Crafts  
(Recognized by University of Mumbai)
- 4) Workstation Design and Applied Ergonomics
- 5) Nutrition and Exercise for Fitness

**Conducted in Collaboration with Ali Yavar Jung National Institute for the Hearing Handicapped**

1. Indian Sign Language

**Conducted by the College**

1. One year Diploma Course in ARTS- Based Therapy
2. Cultural And Heritage Management
3. Certificate Course in personal Styling- Fitness and Grooming

**Job Opportunities and Future Prospects**

<b>Branch I: Foods, Nutrition and Dietetics</b>	<b>Branch II Human Development</b>	<b>Branch III Textile &amp; Fashion Technology</b>	<b>Branch IV Community Resource Management</b>
Nutritionist/ Food Technologist/ Food Scientist/ National and Multinational companies in the Food Industry	Preschool Teachers/ Coordinators/ Field Staff at NGOs	Research Scientists/Consultants in National & Inter- national Govt. & Non- Research Laboratories	Customer care executive - Appliance Industry - Banking Sector - Insurance Sector
	Programme Officers in Govt. & NGOs Curricular Developers	Quality Controllers/ Assurance Officers in Domestic & International Companies	HR Personnel - MNC - NGOs - Hotels - Corporate Officer

Nutritionist for Community projects (rural/urban)	HR Personnel Teacher Trainers	Community Work of Urban, Rural, Tribal level	Housekeeping Supervisor - Hotels - Hospitals - Officer
Dietician in /Hospitals/Health clubs/ Health Clinics	Manager of Children's Events Children's Software conceptualisers	Textile Designers, Product Designers	Laboratory analysis Food testing Laboratories Household Appliance Industry
Research Associates/ Assistant in Research Projects undertaken by various academic institutes/GOs NGOs	Toy Clubs/Libraries/ Book Clubs/ Activity Centres/ Hobby Centres for Children Puppet Shows	Fashion Designers Accessory Designers Freelance Designers Fashion Stylist	Food Service Airlines Hotels

### Job Opportunities and Future Prospects

	Conceptualisers of T.V. Programs for Children/Families	Merchandisers	Assistant Interior Decorators
<b>Officer in Quality Control</b> Department of Food Companies	Education Trainers and Mangers/ Teachers Educators*	Fashion Coordinators Fashion Event Management	Marketing Executive



<b>Free-lancer in different areas of Nutrition</b>	Research Assistants Associates* Counsellors	Fashion Writers Fashion Photographer Fashion Videography	Consumer Redressal Assistance
Lecturers*	Lecturers*	Choreographer (Fashion)	Project Officer in NGOs
		Computer Aided designer	Entrepreneurs
		Entrepreneurs & Marketing	Lecturers*
		Lecturers*	

\*Available after Post-Graduation

### College Level Scholarships/Prizes available

**(Mode of application : To be applied Offline by the students)**

- Founder Principal C. Galby Alumni Association Award
- Founder Principal C. Galby Scholarship for Textile students – M.Sc. Textile student
- Watumal Foundation Scholarship for meritorious B.Sc. students
- Gauri Loknath Char Scholarship for needy/ meritorious students
- Deepti Patwardhan Memorial Prize for S.Y.B.Sc .student who gets highest marks in Clothing/ Foods practical
- Smt. Makaben Premji Vora Scholarship for student getting highest marks in Extension Education at the T.Y.B.Sc. (Home Science) students (all branches in rotation)
- Utkarsh- the IDA Mumbai Chapter Award for Excellence in Research in Foods, Nutrition and Dietetics
- Gyan Rachana- the IDA Mumbai Chapter Award for generation of Creative Edutainment/Infotainment Resources in Foods, Nutrition and Dietetics □ Prof. Kothare Scholarship in Chemistry for Junior College student.
- Lillian Menezes Scholarship for ward of non-teaching staff.
- Braganza Scholarship for T.Y.B.Sc. and M.Sc. Human Development students (preferably Catholic student)
- Thresiamma Joseph Memorial scholarship for T.Y.B.Sc./M.Sc. Nutrition students
- Saffola Scholarship for P.G Dietetics students
- Mrs. Tilak Surana Memorial Scholarship for needy students
- Noemia D'Souza scholarship for M.Sc. II Textile students doing research work.

- Late Smt. Kaushalya Nayar and Late Shri. Kahan Chand Nayar Scholarship for needy girl students
- Mrs. Amina Mohammadali Versey Memorial Scholarship for needy Muslim orphan student/student with single parent.

**Note :**

- This is not an exhaustive list of scholarships.
- Please read the notice board for further updates.
- Students are eligible for any one of the scholarships only

**Milestones of the College:**

1955	The College of Home Science started its Certificate course in Home Science
1969	Introduction of Three Year B.Sc. (Home Science) program affiliated to University of Mumbai
1972	Started M.Sc. (Home Science) in Child Development & Family Relation Started M.Sc. (Home Science) in Foods Nutrition & Dietetics
1975	Started One Year Post Graduate Diploma in Dietetics & Applied Nutrition. College was granted Permanent Affiliation for the B.Sc. (Home Science) program
1976	Started M.Sc. (Home Science) in Textiles & Clothing Started Junior College
1979	Introduced Specializations in three branches at T.Y. B.Sc. level
1980	Silver Jubilee Celebration of the Nirmala Niketan Institute (25 years) Started the Alumni Association
1985	Introduction of 4th Branch (Community Resource Management) at T.Y. B. Sc. level Cultural and Academic Exchange Programme with Institute Carcado Saisseval, Paris, France
1988	Prakriti Women's Centre was set up
1992	Started the Counselling Centre of the College The Research Centre of the College was established
1998	Introduction of Ph.D. in Home Science for 3 branches

1999	Department of Textiles and Fashion Technology started Certificate courses in Computer Aided Design in weaving, Printing and Fashion Illustration
2002	Research Reach, a bi-annual journal of the Research Centre of the college was first published
2003	NAAC Accreditation B+ (78%)
2005	Golden Jubilee Celebration of the Nirmala Niketan Institute (50 years) Permanent recognition for Ph.D. in Home Science.
2006	Introduction of University Recognized Value Added Certificate course in Food Processing & Preservation
2007	Designed and introduced three University recognized Value-Added Certificate Courses : Nutrition & Exercise for Fitness, Visual Merchandising, Entrepreneurship in Textile Craft

2009	Opening of Gymnasium Started Diet Counselling Centre NAAC Accreditation - B Grade (2.90 on a 4 point scale)
2010	Designed and introduced Value Added Courses - Creative parenting, Workstation Design and Applied Ergonomics Introduced Research Methods and Statistics Course for Doctoral Students in Home Science Research Reach, a bi-annual journal published by the Research centre was registered with International Centre for ISSN, Paris and was assigned International Standard Serial Number (ISSN): ISSN 0974-617X.
2011	Commencement of two M. Sc . (Home Science) courses- Food Processing & Preservation and Sports Nutrition (affiliated to the University of Mumbai). Cultural and Academic Exchange Programme with Lycee Marie Tessier, La Providence, Blois, France Initiated Credit and Semester Based Grading System of University of Mumbai for F.Y. B. Sc. (Home Science).
2013	Organized a three day International Conference on the theme "Enhancing Health, Wellbeing and Sustainability - Opportunities, Challenges and Future Directions" Cultural and Academic Exchange Programme with University College Ghent, Belgium. MOU was signed with Fu-Jen University, Taiwan in order to promote Academic Exchange and Cooperation. Introduced Orientation Course in Sign Language as a Value Added Course.

2014	NAAC Accreditation A Grade for the period 2009-2014 (Third Cycle). CGPA 3.11
2015	Diamond Jubilee Celebration of the Nirmala Niketan Institute (60 years) MOU's signed by Department of FND with Univ of Ghent, Belgium; Department of Microbiology Jai Hind college; Department of Biochemistry Ramnarain Ruia college; and K.J.Somaiya College. Introduced Value Added Course in Art Based Therapy Introduction of 1 year Diploma course in CAD-Cam and Computer Technologies in Apparel Industry for students of Textiles and Fashion Technology.
2016	Academic Audit (1985 - 2016) by University of Mumbai Introduced Value Added Course in Cultural and Heritage Management Obtained University Affiliation for Value added Courses: CAD-CAM and Computer-Aided Technologies in Apparel Industry; and Workstation Design and Applied Ergonomics. Introduced Entrepreneurship Incubation Cell in TFT dept.
2017	Introduced Value Added Certificate Course in Personal Styling, Fitness and Personal Grooming in association with Orange Tree
2018	MOU signed by Department of Textile and Fashion Technology with Orange Tree. Institution Incubation Council (IIC) under the aegis of Ministry of Human Resource Development's Innovation Cell was started.

KINDLE THE LAMP OF LOVE WITH THY LIFE



**Ms. Colette Galby**  
Founder Principal  
1955-1984

