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UGC NET Paper 2

Home Science (012)
Complete revision notes — all 10 units

10 units | Tables & formulas | Key revision points

01 Food Science
02 Nutrition and Dietetics
03 Textile Science
04 Apparel Design and Fashion
05 Resource Management
06 Housing and Interior Design
07 Human Development
08 Family Studies
09 Communication and Extension
10 Research Methods and Statistics

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Edition: November 2026

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How to use these notes

- Read one unit at a time, then test yourself with its key revision points.
- Make your own short notes on topics you find difficult.
- Units follow the main areas of the official syllabus — the exact unit list can change between sessions.
- Always check the latest syllabus and notices on the official UGC NET portal: **ugcnet.nta.ac.in**.

UNIT 01

Food Science

Composition of foods, food groups, cooking methods, preservation and food safety.

- Energy values: carbohydrate 4 kcal/g, protein 4 kcal/g, fat 9 kcal/g.
- Cooking methods: moist heat (boiling, steaming), dry heat (baking, roasting), frying.
- Preservation: low temperature, high temperature (pasteurisation, sterilisation), dehydration, preservatives, irradiation.
- Food safety: FSSAI (Food Safety and Standards Act, 2006); HACCP.
- Browning: Maillard reaction (sugar + amino acid), caramelisation (sugar alone).

★ Key revision points

- Fat gives 9 kcal/g.
- Maillard = sugar + amino acid browning.
- FSSAI under the 2006 Act.
- HACCP = hazard analysis and critical control points.

UNIT 02

Nutrition and Dietetics

Nutrients, deficiency diseases, requirements, therapeutic diets and nutrition programmes.

Nutrient	Deficiency disease
Vitamin A	Night blindness, xerophthalmia
Vitamin B1 (thiamine)	Beriberi
Vitamin B3 (niacin)	Pellagra
Vitamin B12	Pernicious anaemia
Vitamin C	Scurvy
Vitamin D	Rickets (children), osteomalacia (adults)
Iron	Iron-deficiency anaemia
Iodine	Goitre
Protein–energy	Kwashiorkor (protein), marasmus (energy)

Requirements: ICMR–NIN Recommended Dietary Allowances. Programmes: ICDS (1975), Mid-day Meal / PM POSHAN, POSHAN Abhiyaan (2018).

★ **Key revision points**

- Vitamin C deficiency = scurvy.
- Kwashiorkor = protein deficiency.
- RDA by ICMR–NIN.
- ICDS launched 1975.

UNIT 03

Textile Science

Fibres, yarns, fabric construction and finishes.

Fibre	Type
Cotton, linen	Natural cellulose
Wool, silk	Natural protein
Rayon (viscose)	Regenerated cellulose
Nylon (first fully synthetic, W. Carothers, 1930s)	Synthetic polyamide
Polyester, acrylic	Synthetic

Weaves: plain, twill (diagonal lines, e.g. denim), satin. Knits: weft and warp. Finishes: mercerisation (cotton — lustre and strength), sanforisation (shrink resistance).

★ **Key revision points**

- Silk and wool are protein fibres.
- Rayon is regenerated cellulose.
- Denim is a twill weave.
- Mercerisation improves cotton lustre.

UNIT 04

Apparel Design and Fashion

Elements and principles of design, fashion cycle and garment construction.

- Elements of design: line, shape, colour, texture, space.
- Principles: balance, proportion, emphasis, rhythm, harmony.
- Colour wheel: primary, secondary, tertiary; harmonies — monochromatic, analogous, complementary.
- Fashion cycle: introduction, rise, peak, decline, obsolescence; fad vs classic.
- Pattern making: drafting, flat pattern, draping.

★ Key revision points

- Five elements and five principles of design.
- Complementary colours are opposite on the wheel.
- Fad = short-lived; classic = lasting.
- Draping shapes fabric on a dress form.

UNIT 05

Resource Management

Family resource management, decision-making, time and energy management, consumer education.

- Resources: human (time, energy, skills) and non-human (money, goods, community facilities).
- Management process: planning, organising, controlling, evaluating.
- Work simplification — Mundel's classes of change; ergonomics.
- Consumer rights and protection (Consumer Protection Act, 2019); standard marks — ISI (BIS), AGMARK, Hallmark (gold).

★ Key revision points

- AGMARK = agricultural products.
- ISI mark issued by BIS.
- Hallmark certifies gold purity.
- Work simplification = Mundel.

UNIT 06

Housing and Interior Design

Housing needs, space planning, interior design and sustainable housing.

- Principles of planning: aspect, prospect, privacy, grouping, roominess, circulation.
- Interior design uses the same elements and principles of design.
- Sustainable housing: green building ratings (GRIHA, LEED).
- Housing schemes: Pradhan Mantri Awas Yojana (2015).

★ Key revision points

- Aspect = orientation for light and air.
- GRIHA = Indian green building rating.
- PMAY: 2015.
- Circulation = movement space.

UNIT 07

Human Development

Lifespan stages, developmental theories and early childhood care.

- Stages: prenatal, infancy, early childhood, middle childhood, adolescence, adulthood, old age.
- Theories: Piaget (cognitive), Erikson (psychosocial), Freud (psychosexual), Vygotsky (socio-cultural), Bronfenbrenner (ecological systems).
- Early Childhood Care and Education (ECCE); National ECCE Policy (2013).

★ Key revision points

- Ecological systems = Bronfenbrenner.
- Psychosocial stages = Erikson.
- ZPD = Vygotsky.
- ECCE Policy: 2013.

UNIT 08

Family Studies

Family types, family life cycle, marriage and family welfare.

- Family life cycle — Evelyn Duvall (eight stages).
- Family types: nuclear, joint, extended, single-parent.
- Laws: Protection of Women from Domestic Violence Act (2005); Maintenance and Welfare of Parents and Senior Citizens Act (2007).

★ Key revision points

- Family life cycle = Duvall.
- Domestic Violence Act: 2005.
- Senior Citizens Act: 2007.
- Joint family = several generations together.

UNIT 09

Communication and Extension

Extension education, teaching methods and diffusion of innovations.

- Extension education: education outside the classroom for rural development.
- Methods: individual (farm visits), group (demonstrations — method and result), mass (radio, exhibitions).
- Edgar Dale's Cone of Experience; Rogers' diffusion of innovations.
- Krishi Vigyan Kendras (first in 1974, Puducherry).

★ Key revision points

- Method vs result demonstration.
- Cone of Experience = Dale.
- First KVK: 1974.
- Adopter categories = Rogers.

UNIT 10

Research Methods and Statistics

Research design, sampling, tools and statistics in Home Science research.

- Designs: descriptive, experimental, case study; qualitative and quantitative.
- Tools: questionnaire, interview, observation, anthropometry (height, weight, MUAC).
- BMI = weight (kg) ÷ height (m)²; normal (WHO) 18.5–24.9.
- Statistics: mean, SD, t-test, chi-square, correlation.

★ Key revision points

- BMI = kg ÷ m².
- Normal BMI: 18.5–24.9 (WHO).
- Anthropometry = body measurements.
- Chi-square tests association.

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