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SYLLABUS

Home Science – Degree Standard

(For the Post of Child Development Project Officer)

1. FOOD

Food pyramid, functions, classification, conservation of nutrients, cooking methods, meal planning for different age & income groups, food safety, food adulteration and food laws, food spoilage and preservation of foods. Weaning foods – meaning, importance and preparation.

2. NUTRITION

Nutrition – Definition of nutrients, components, requirements, metabolism – carbohydrate, protein and fat, nutritional assessment of the community and dietetics - normal and therapeutic nutrition, nutritional deficiency. Nutrition and health intervention programmes in India.

3. RESOURCE MANAGEMENT

Resource Management: Concept of home management, systems approach to management, care of household equipment, classification of resources, - human and material - time, energy, and money management, principles of interior design, work simplification.

4. INSTITUTIONAL MANAGEMENT

Concept of community resource management, consumer education, management of hospitality - hospital, hotel, restaurant ; Management of social institutions - family, child and geriatric care, Management of special institutions – physically, mentally and socially challenged.

5. HUMAN DEVELOPMENT

Principles of development, lifespan approach, growth monitoring, child rearing and socialization practices. Developmental tasks and problems and disabilities during childhood, child study methods. Population education, Sex education. Habit formation, behaviour problems and discipline.

6. RELATIONSHIPS

Early stimulation, activities during infancy, early childhood, childhood and adolescence, child welfare programmes. Structure of family and its functions. Family crises, Guidance and counseling, Schools and community relationships. Family and legal issues.

7. FUNDAMENTALS OF TEXTILES

Principles of clothing construction, factors in selection of fabrics and garments, identification and properties of fibres, care and maintenance of garments, principles of textile designing, stain removal, dyeing , printing and finishing of fabrics; socio - psychological aspects of clothing.

8 EXTENSION

Concept of Extension – Principles and scope; formal, non-formal and vocational education; programme planning for women and children and transaction, elements of communications, methods of communication; ICDS programme and role of different functionaries.

9 DEVELOPMENT

Concept of Development, early experiments in rural development; national programmes for women and children; orientation to problems and issues in rural and urban development. Community based Institutions – Village Panchayats, Schools, and Primary Health Centres; Science and Technology for rural development; Health promotion, environmental sanitation, waste disposal and recycling.

10 RESEARCH

Research in Social Science – concept and methods; Project proposal preparation, tools of research, concept of evaluation, steps in evaluation and report writing.

Reference Books

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21. Pankajam, G. (2004). “Pre-School Education Philosophy and Practice”. The concept Publications New Delhi.
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