

Syllabus for written examination for PGT (HOME SCIENCE)

- Home Science - Education meaning, definition, scope, objectives and history.
- Changing concept of different areas of Home Science.
- Definition, functions and classification of foods.
- Nutrients and their composition, sources and functions.
- Balanced Diet.
- Methods of cooking.
- Home Management definition.
- Motivating Factors- value, goals and standard.
- Resources- classification and characteristics.
- Income- definition, meaning and types.
- Budget- steps.
- Saving and Investment
- Fibre- types and properties- Natural and Man-Made
- Yarn construction
- Weaving- types.
- General principles of clothing construction
- Definition of Child Development, Human Development
- Scope of Human Development.
- Principles of growth and Development.
- Role of Heredity and environment.
- Life span stages.
- Types of Development
- Definition of Developmental tasks and different tasks, different stages of human development.

- Meaning, concepts and scope of special education and classification of children with special needs.

2. Knowledge of Subject concerned :

Graduation Level

- Changing concepts of Home Science.
- Areas of Home Science- objectives and scope of each area.
- Professional organizations and Research Institutes, contributing to different areas of Home Science.
- Formal, Non-formal and Informal education.
- Programme planning, Implementation and Evaluation.
- Government and NGO's Development Programmes.
- Meaning, definition, principles and basic elements of extension education.
- Extension teaching methods.
- Communication concepts and meanings.
- Different types of communication Aids.
- Nutrients- their composition and sources.
- Recommended dietary allowances and deficiencies.
- Nutritive value of important cereals, pulses, vegetables, fruits, milk and milk products, eggs, meat and fish.
- Methods of cooking- their effects on nutrients and methods of enhancing the nutrients value of foods.
- Selection, purchase and storage of foods.
- Food spoilage.
- Food preservation- importance, principles and methods.
- Food adulteration- causes, identification, preventive and control measures , food laws and standards, labels, etc.
- Changing trends in food consumption- fast foods, junk foods etc.
- Nutritional status- concept, assessment methods.
- Principles of meal planning.

•Diets of normal individual of different ages, sex, profession and physiological condition.(Pregnant and lactation)

•Dietary management during different diseases.

•Concept and type of community health and community nutrition.

•Nutrition problems of community and implication for public health.

•Current situation in India.

•Nutritional Assessment and Surveillance.

•Nutrition and health communication.

•Management Process- Planning, controlling and evaluation.

•Decision Making.

•Management of Resources- Time, money and energy.

•Work simplification- meaning, importance and its application in various household activities.

•Introduction of foundation of art- design, elements and principle of design.

•House planning/space designing.

•Selection and types of furniture and furnishing.

•Financial and legal consideration- availability of funds for having housing.

•Interior designing and Principles of arrangements.

3.Definition, meaning and need of consumer.

•Market, consumer education methods, contents and sources.

•Consumer Aids and consumer protection.

•Taxation- need, types, effect of tax on work and saving.

• Wills and trusts.

•Early identification, treatment, prevention and rehabilitation of each category of children with special needs.

•Meaning, importance and objectives of Early Childhood care and Education.

•Different types of Early Childhood Care and Education Centers.

•Meaning and concept of developmentally appropriate programme/practice (DAP). Planning, Implementation and Evaluation of Early Childhood Programme.

•Concept of adolescent and adolescence stage and problems of adolescence stage. •Meaning and definition of marriage, types and functions of marriage, factors of mate selection. •Meaning and definition of family, types of family •Population education and dynamics. •Yarn making, weaving and other methods of fabric construction and their effect on appearance, durability and maintenance of garments. •Different types of finishes. •Selection, care and storage of different types of clothes including readymade garments. •Importance of clothing, social and psychological aspects of clothing. •Functions of clothing construction drafting and making of paper patterns. •Body measurement- importance of taking body measurements and its relation to sizes and different types of garments. •Preparation of fabric cutting- layout, pinning, marking and cutting. •Wardrobe planning. •Selection of fabrics and garments for adolescent, men and women. •Selection and buying fabrics for various users. •Elements, principles of design in clothing. •Traditional Textile of India. •Fashion Terminology and fashion cycle. 3. Knowledge of Subject Concerned : PG Level • Extension Management and Administration. •Extension Programme Management. •Participating Extension Approaches – RRA, PRA and PLA.

•Participating Communication.

• Extension Planning methods. •Communication Strategy. • Print and Oral Communication.

4 • Women Empowerment. •Entrepreneurship. •Different methods of enhancing the nutritive value of foods – fortification. • Food adulteration – causes, identification preventive and control measures. •Inter-relationship of agriculture, food, nutrition, health and population. • Energy needs, basal metabolism and total energy requirement. •Digestion, absorption and utilization of major nutrients.

•Nutritional Status.

•Nutritional problems in the country .

•Dietary management during different diseases.

•Nutrition Policy in India.

•Nutrition Problems of community and implication for public health. •Different organizations / Programmes working for children with special needs. •Administration and Supervision of Early Childhood Care and Education Centres / institutes. • Need of Guidance and Counseling at each life span stage of development. •Marital adjustment, legal aspects of marriage. Role of mother and father in the family. Functions (Traditional and Modern) of the family and factors affecting family functions.

•Meaning and stages of family life-cycle. •Family welfare organizations (Government and Non

measures, Reproductive Health. •Family disorganization. •Factors influencing residential planning. •Space designing according to various activities and family needs. • Kitchen – Types and Storage ergonomics. •Illumination – purpose, Types, Lightening – types – unit of measurement, glare, Fixtures – types & selection. • Furniture – types & selection. •Furnishing & accessories - types & selection. • Work ergonomics – Meaning & Concept. • Work Physiology – Introduction, definition & types of work static and dynamic. •Physiological factors influencing. •Working environment. • Fashion terminology, sources, fashion cycle and season.

- Factors favouring of fashion cycle and season, Consumer demand and fashion marketing and fashion change.

- Paper pattern – basic designing

- Draping

- Readymade Garment need and Criteria.

- Future trends in fashion technology.

5 • Dyes and their effects. Part – IV (Educational Psychology, Pedagogy, Teaching Learning Material, Use of computers and Information Technology in Teaching Learning) 1. Importance of Psychology in Teaching-Learning : • Learner, • Teacher, • Teaching-learning process, • School effectiveness. 2. Development of Learner • Cognitive, Physical, Social, Emotional and Moral development patterns and characteristics among adolescent learner. 3. Teaching – Learning : • Concept, Behavioural, Cognitive and constructivist principles of learning and its implication for senior secondary students.

- Learning characteristics of adolescent and its implication for teaching.

4. Managing Adolescent Learner :

- Concept of mental health and adjustment problems.

- Emotional Intelligence and its implication for mental health of adolescent.

- Use of guidance techniques for nurturing mental health of adolescent. 5. Instructional Strategies for Adolescent Learner :

- Communication skills and its use.

- Preparation and use of teaching-learning material during teaching.

- Different teaching approaches: Teaching models- Advance organizer, Scientific enquiry, Information, processing, cooperative learning.

i. Educational Psychology


- Concept, scope and functions of educational psychology.
- Physical, cognitive, social, emotional and moral developmental characteristics of adolescent learner and its implication for teaching-learning.
- Behavioural, cognitive and constructivist principles of learning and its implication for senior secondary students.
- Concept of mental health & adjustment and adjustment mechanism.
- Emotional intelligence and its implication in teaching learning.

ii. Pedagogy and Teaching Learning Material (Instructional Strategies for Adolescent Learner)

- Communication skills and its use.
- Teaching models- advance organizer, concept attainment, information processing, inquiry training.
- Preparation and use of teaching-learning material during teaching.
- Cooperative learning.

iii. General

- General Awareness including Questions related to Haryana.
- General Mental Ability including Basic numeracy & data interpretation
- Logical Reasoning & Analytical Ability
- Decision making & problem solving


Secretary
Haryana Public Service Commission
Panchkula