

## **Syllabus for written test of SMS (Home Science)**

**Human Nutrition, Health and Interventions:** Balanced diet-Food groups, Food pyramid. Macro and micronutrients in human nutrition- Carbohydrates, proteins, lipids, vitamins, minerals and water-requirement. Inborn errors of metabolism. Functional foods and nutraceuticals. Diet & nutritional therapy in common disorders. Food allergies and intolerances. Major Public Health and Nutritional problems in India- Causes, magnitude and distribution. Assessment of Community Nutritional status by Standard methods. National Nutrition Policy, National programmes to combat malnutrition.

**Food Science and Processing Technologies:** Need & Scope of Food Science, Methods of cooking-merits & demerits. Food fortification, enrichment and supplementation. Food additives and Preservatives. Anti-nutritional factors & Toxicants in foods. Food hygiene and sanitation, Food-borne illnesses, infections and food poisoning. Food Adulteration, Food Standards, Laws & Regulations for food safety. Post harvest losses, food spoilage and its causes. Food Processing techniques, effects on nutritional value, food packaging and labelling. Processing techniques for cereals, millets and legumes, milk and milk products, fruits vegetables and oilseeds. Storage of perishable and non-perishable foods.

**Textile Science, Fashion Designing and Garment Production:** Natural and Man-made fibres: Classification and Processing. Dyes and Pigments – classification of dyeing techniques. Methods of printing (block, screen, stencil, roller, transfer printing and batik). Principles of weaving and basic weaves, Knitting – principles, classification and knitting machines.

**Human Development and Family Dynamics:** Stages of human development. Physical, emotional, intellectual, social, moral, language and personality development. Role of family, school and peer interaction in the development of the child. Theories of child/human development with special reference to cognitive development theories. Socio- cultural aspects of population growth and population policies. Developmental programmes for women and children. Status of women in India. Approaches to study family- developmental social, psychological and educational. Trends and issues in early childhood care and education. Theories of Personality development.

**Family Resource Management and Consumer Science:** Systems approach to Family Resource Management, Concept, Planning, Resources, management processes communication. Application of management process to time, money and energy for work simplification. Application of Mundel's classes of change in household work, agricultural and allied tasks. Equipment, tools and accessories for rural and urban houses. Guidelines for budgeting. Banking, e-banking and insurance. Credit. Consumer rights, Consumer Protection Act and other laws. Environment and health hazards due to pollution. Concepts of household and farm waste and its utilization techniques. Environmental education and rainwater harvesting.

**Home Science Extension and Communication Methods:** Home Science extension education: concept, principles and approaches. Gender sensitivity in extension education programmes. Leadership-concept, types, identification, training and mobilizing local leaders for community participation. Panchayati Raj philosophy,

concept, functioning and scope. Extension methods and audio-visual aids. Classification, selection, use and production. Concept, functions, key elements, theories and models of communication. Concept, steps, principles and theories of programme planning. Evaluation concept, significance, methods and tools for monitoring and evaluation. Programmes and agencies promoting women as entrepreneurs. Types and techniques of training for developing entrepreneurial activities in Home Science areas. Self Help Groups-concept, organization, mobilization and functioning of SHGs for sustainability.