

State Eligibility Test

MP SET – 2018

[Code No. – 09]

HOME SCIENCE

Syllabus

PAPER – II

Note:-

Paper-II (Covering entire syllabi of earlier Paper-II & Paper-III, including all Core Group, Electives, without options). The Paper- II will have 100 Multiple Type Questions (Multiple Choice, Matching Type, True/False and Assertion-Reasoning Type) and all are compulsory. Each Question will carry two marks Total marks of Paper - II will be 200 marks.

Paper-II (Covering entire syllabi of earlier Paper-II & Paper-III, including all Core Group, Electives, without options)

PAPER – II & PAER – III (A) [CORE GROUP]

Unit - I : Food Science

Food Groups

Food Preparation

Food Preservation

Food Science and Food Analysis

Food Processing

Unit - II : Nutrition Science

Fundamentals of nutrition

Nutritional biochemistry

Food microbiology

Public nutrition

Therapeutic nutrition

Unit - III : Institutional Management

Management of Hospitality Institutes-Hospital/Hotel/Restaurant/Café and Outdoor catering

Management of Social Institutes-family as Institute, child care and Geriatric institutes, Panchayats

Managements of Educational Institutes-Pre-school, Primary and Secondary Schools, (Colleges and Universities) Higher Educational Institutes

Management of Special Institutes for physically, mentally and socially challenged Challenges and problems faced by Institutions

Unit - IV : Clothing

Principles of clothing-Socio-psychological aspects of clothing, selection of fabrics, clothing and family clothing

Clothing construction-basic principles of drafting, flat pattern and draping methods

Textile design principles and concepts

Fashion design, fashion cycles, business and merchandizing

Care and maintenance of textile materials and garments; Laundry agents-methods and equipments

Unit - V : Textiles

General properties and fine structure of all textile fibers

Processing and manufacture of all natural and man-made fibers

Definition and classification of yarns; Identification of yarns and its use in various fabrics

Fabric construction, definition and types of woven, non-woven, knitted and other construction techniques

Testings of fibers, yarns and fabric; Importance of quality control and research institutes

Unit - VI : Resource Management

Concept of Home management and steps

Management of Human Resources; Classification of Resources; Basis Characteristics of Resources

Decision making in family; steps in decision making; Methods of resolving conflicts

Work simplification; Importance of work simplification in home; Mundel's classes of change; Simple pen and pencil technique in work simplification

Housing, Interior design, Principles of Interior design, Various colours and colour schemes

Household equipment-Selection and Care

Unit - VII : Human Development

Child Development-Principles and Stages

Life Span Development-Theories of Human Development and Behaviour

Child rearing, Socialization practices and Dynamics

Early Childhood Care and Education-Emerging trends

Development problems and disabilities during childhood and adolescence, guidance and counseling

Advanced child study methods and assessment

Women's Studies, Family Welfare Programme-Recent Approaches

Unit - VIII : Non-formal Education and Extension Education

History and Development of Home Science in Formal/Non-formal and Extension Education

Theory and Practices of programmes/curriculum planning and development

Management and Administration of Formal/Non-formal and Extension Education

Monitoring, Supervision and Evaluation of Formal, Non-formal and Extension Education

Vocationalization of Home Science in India

Theories and Principles of Guidance and Counselling in Formal/Non-formal/Extension
Problems and Challenges encountered in Formal/Non-formal/Extension

Unit - IX : Development and Educational Communication

Concept and classification of communication
Traditional Methods and Materials of communication-selection/preparation/use
Modern methods and materials of communication-selection/preparation/use
Strategies for development communication
Classroom communications in Home Science trends
Communication for publicity and public relations
Change and challenges in communication in contemporary society

Unit - X : Methods of Research

Trends in Research in Home Science
Research Designs
Types of Research
Sampling Techniques
Selection and Preparation of Tools for data collection
Type of variables and their selection
Data collection and classification/coding
Analysis of data through parametric and non-parametric statistics
Report writing-presentation of data, interpretation and discussion

PAPER - III (B)

[ELECTIVE/OPTIONAL]

Elective - I : Food and Nutrition

Food Science and Quality Control
Macro- and Micro-nutrients
Human Nutritional Requirements
Assessment of Nutritional Status
Food Biotechnology

Elective - II : Institutional Management and Dietetics

Advanced Management and Organisation
Management of Human Resources
Experimental Quantity Cookery
Financial and Profit Management
Quantity Food Preparation Techniques

Food Service and Delivery Systems

Marketing

Therapeutic Dietetics

Elective - III : Child and Human Development

Human Development-Rights perspective

Principles and theories of human development

Early childhood care and development-strategies, monitoring and supervision

Children with special needs and children at risk (child labour, street children, child abuse, chronically sick): Intervention programmes

Socialization in various family contexts across different cultures

Advances in assessment of children

Elective - IV : Clothing and Textiles

Textiles Chemistry-Fibers and dyes

Dyeing, printing and finishing of fibers yarns and fabrics

Textile and Apparel Industry-Fundamental of business, specifications, quality control agencies and marketing

Historic and Traditional Textiles of world with emphasis on India

Curriculum and Teaching in clothing and textiles, analysis and development of curriculum; teaching methods and aids

Consumer and Textiles and Clothing

Recent developments in Textile and Clothing

Elective - V : Home and Community Resource Management

Concept of Home management, System approach to family, Input, Output and feedback

Family Resources-Management of Resources like time energy and money; Basic characteristics of Resources; Efficient methods of utilization of Resources

Family life cycle-Demands upon resources like time energy and money

Concepts of Ergonomics-its importance and application in home

Concept of communication process and its importance in family; Barriers in Communication process; Measures for effective communication

Concept of work simplification-its importance in home; Simple pen and pencil technique

Consumer Education-Laws protecting consumer; Role of consumer society in protecting consumer; Kinds of adulteration; Identification of adulteration

Elective - VI : Home Science Extension Education

Curriculum development for formal education in Home Sciences

General and special methods of teaching Home Science

Media and Materials for promoting Home Science in Formal/Non-formal/Adult/Extension Education

Non-formal and Adult Education in Home Science

Extension Education in Home Science

Women is Changing India and plans for their development

Self-employment and Entrepreneurship through Home Science

Programmes of extension in Home Science

Measurement and Evaluation including monitoring and supervision for formal ; Non-formal/Adult Education / Extension Education.

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x'g foKku

i kB; Øe Áशन पत्र & f}rh;

i kB; fooj . k

fVli . kh %&

; wth-l h- ds uohu funz kkuq kj i wZ ds i kB; Øe ds Áशन पत्र & **II** , oa Áशन पत्र & **III**
¼l Hkh d"j foHkkx] , fPNd@ oSdfYi d l fgr½ dk l Ei wZ i kB; Øe gh Áशन i = & f}rh;
dk i kB; Øe gkxkA l Ei wZ i kB; Øe ea l s dty 100 cgfodYih; Á'u ¼cgfodYih; VkbZ]
l pfyr VkbZ] l R; @vLKR;] dFku&dkj . k VkbZ ½ jgxa rFkk l Hkh Á'u vfuoK; Z gkxj ÁR; d Á'u
02 vdkA dk gkxkA bl i d kj l Ei wZ i kB; Øe l s dty 200 vdk dk Á'u i = & f}rh; gkxkA

Áशन पत्र & f}rh; ¼Á'u i = & **II** , oa Á'u i = & **III** dk l Ei wZ i kB; Øe
l Hkh d"j foHkkx] , fPNd@ oSdfYi d l fgr½

ç' u i = & **II** और प्रश्न-पत्र-**III** (A) ¼dkj foHkkx½

bdkbZ & **I** : [kk | foKku

vkgfjd [kk | oxZ

Hkkstu cukus ds rjhds

[kk | l j {k . k

[kkद्य विज्ञान एवं आहार विष्लेषण

[kk | l d k/ku

bdkbZ & **II** : i k'sk . k foKku

i k'sk . k ds vk/kkj Hkkar fl) kUr

i k'sk . k t b j l k ; u

[kk | l w(etho foKku

yk d i k'sk . k

f p f d R l k F k Z v k g k j @ i k'sk . k

bdkbZ & **III** : l k l F k k f u d ç c l u / k

vkfrF; l l F k k u k a ds ç c l u / k & v L i r k y @ H k k s t u k y ; @ j l r j k @ d k k D h x g v k j c k g j h H k k s t u ds
ç c l u / k d

सामाजिक संस्थानों के प्रबन्ध-परिवार एक संस्था, षिषुपालन और वृद्ध आश्रम, पंचायत

शैक्षिक संस्थानों के प्रबन्ध-बालवाडी, प्राथमिक एवं माध्यमिक स्कूल (कॉलेज और विष्वविद्यालय)
उच्च षिक्षा l l F k k , j

विषेष् संस्थानों के प्रबन्ध-षारीरिक, मानसिक एवं सामाजिक विकलांग

l l F k k v k a ds l E e f k f o o k n v k j d f B u k b ; k j

bdkbZ & **IV** : vkoj .k

vkoj .k ds fl) kUr&vkoj .k ds l kekftd rFkk eukoKkfud rRo] oÓka vKj i gucus dk puko vKj i kfjokfjd vkoj .k

i gukos dh cukoV&[kkdk cukus ds eny fl) kUr] l ery ueuk vKj Mfi a i) fr

oÓka dk : i kadu&fl) kUr vKj fopkj

फ़ैशन के सिद्धान्त-फ़ैशन कालचक्र, व्यापार और व्यवसाय सम्बन्धी

di M+ vKj oÓka dk j [k&j [kko] di M+ /kkus ds l k/ku&rjhds vKj l keku

bdkbZ & **V** : oó

रेषों ds xqkj /keZ vKj mudh eghu cukoV

कृि=e vKj ढकृतिक रेषों की बनावट

सूत्रों की परिभाषा एवं वर्गीकरण; सूत्रों का समीकरण और विभिन्न वस्त्रों में उनका उपयोग

oÓka dh cukoV] cusp gq] ugha cusp gq] Áuh oÓka dh i fjHkk"kk vKj mudh cukoV

रेषों, सूत्रों vKj di Mka dh tkp(xqkrk fu; =.k vKj vuq dkku dšæka dk egRo

bdkbZ & **VI** : l d k/ku 0; oLFkk

xg 0; oLFkk dh i fjdYi uk , oaØe

मानवीय संसाधनों का प्रबन्ध; संसाधनों का वर्गीकरण; संसाधनों के मूल विश्लेषण

i fjokj ea fu.kZ ds fl) kr(fu.kZ dh fl) kr ds Øe] dfBukb; ka l s fui Vus ds rjhds

dk; l l jyhdj.k(xg ea dk; l l jyhdj.k ds egRo(e.My ds cnyko ds foHkkx(dk; l

l jyhdj.k dh i su vKj i fl y ; U=dykA

xg] vKurfjd l Ttk] vKurfjd l Ttk ds fl) kUr] foHkku jx vKj jx⁹ dh ; kstuk

?kjy¹¹ l kt&l eku] puko vKj ns[k&jš[k

bdkbZ & **VII** : ekuo fodkl

cky fodkl &fl) kUr , oaØe

thou l e; dky dk ekuo fodkl vKj 0; ogkj fodkl ds fl) kUr

षिषु पालन, सामाजीकरण प्रथाएँ एवं संचालन शक्ति

बाल अवस्था की देख-रेख एवं शिक्षा-उभरते हुए तौर-तरीके

fodkl में कठिनाइयाँ और बाल अवस्था तथा युवा अवस्था में विकलांगता, मार्ग प्रदर्शन एवं सलाह

cPpk dh tkuus ds mPpLrjh; eW; kadu vKj rjhds

ukjh v/; ; u] i fjokj dY; k.k ; kstuk, j&uohu mi xeuka

bdkbZ & **VIII** : अनौपचारिक और विस्तार शिक्षा

vKj pkfjd@vukš pkfjd vKj विस्तार शिक्षा का गृहविज्ञान में इतिहास और विकास के सिद्धान्त

dk; Øe@i kB; i tird dh l ph cukuk vKj fodkl ds fl) kUr

औपचारिक/अनौपचारिक और विस्तार शिक्षा के प्रबन्ध और प्रशासन

औपचारिक/अनौपचारिक और विस्तार शिक्षा के निरीक्षण देखभाल और मूल्यांकन

Hkkj r ea xgfoKku dk 0; kol k; hdj .k

औपचारिक/अनौपचारिक और विस्तार शिक्षा में मार्ग दर्शन और सलाह के सिद्धान्त
औपचारिक/अनौपचारिक और विस्तार शिक्षा के सम्मुख कठिनाइयाँ एवं जरूरतें

बदल & **IX** : foLrkj , oa 'ks{k d foLrkj

l pkj dh i fj dYi uk vksj oxh d j .k

l pkj puko] cukoV , oa ç; ksx ds i kjEi fjr rjhds

l pkj puko] cukoV , oa ç; ksx ds u, rjhds , oa l kexh

foLrkj l pkj ds mi k;

xgfoKku ea d{kk l pkj ds rks ^&rjhds

çpkj vksj yk d d l Ecll/ka ds l pkj l k/ku

l pkj dh vkt ds çpfyr l ekt ea cnyko vksj ekx

बदल & **X** : vu d r'kku ds rjhds

xgfoKku ea vu d r'kku ds çdkj

vu d r'kku ; kst uk

vu d r'kku ds çdkj

ueus ppus ds rjhds

Lohkr rRo bdTs djus ds ; U=ka dk puko vksj cukoV

i fjorka ds çdkj vksj puko

Lohkr rRoka dks bdVBk djuk , oa mudk oxh d j .k@x rHkk"kk

Lohकृत भाषा का विश्लेषण—प्राचलिक एवं अप्राचलिक तरीकों द्वारा

vu d r'kku ys k&Lohकृत तत्व का प्रदर्शन, व्याख्या और वाद—विवाद

प्रश्न—पत्र & III (B)

¼, fPNd@o d fYi d ½

, fPNd & **I** : [kk | , oa i ks'k. k

[kk | foKku vksj xqkrk fu; U=.k (Quality control)

cM& (macro) , oa l (e&i ks"Vd rRo

ekuoh; çksk.kt dh t: jra

çksk.kt Lrj dk eW; kadu

[kk | t d&foKku

, fPNd & **II** : l LFkkfud çcll/k , oa vkgkfj dh

mPpLrjh; 0; oLFkk , oa l xBu

ekuoh; l d k/kuka ds çcll/k

ç; ksxRed : i l s vf/kd ek=k ea Hkktu cukuk

fgl kc&fdrkc vksj ykHk ds çcll/k

vf/kd ek=k ea vkgkj cukus ds rjhds

Hkkstu ijks us vksj igpkus ds rjhds

0; ol k; hdj .k (Marketing)

fjfdRI kFkZ vkgkj

, fPNd & III : शिशु एवं मानवीय विकास

ekuoh; fodkl &vf/kdkj

ekuoh; fodkl ds ufr vksj fl) kUr

cky voLFkk dh ns[kj s[k , oa fodkl 𝔲 kj fujh{k.k vksj ns[kHky

vukf[kd t: jra okys cPps vksj l dV ea i Ms cPps %cky ifjJeh(c?kj cPp{ cky 'kks'.k(vR; r : i l s chekj % gLr{ksi dk; Øe

विभिन्न संस्कृति; ka ds ifjokj ka ea l ekthdj .k

cPpka ds eV; ka du ea mPpLrjh; rk

, fPNd & IV : ओ , oa vkoj .k

वस्त्र रसायन-रेषे और रंगने के द्रव

js kksj l #ka vksj di Mka dh jxkbj Ni kbZ vksj : i l Ttk

वस्त्र एवं आवरण उद्योग-व्यापार के मूलाधार, विशेष वर्णन, गुण नियन्त्रण एजेन्सी एवं विपणन

विषय के ऐतिहासिक और पारंपरिक वस्त्र विशेष तौर से भारत के उल्लेख

वस्त्र एवं आवरण का पाठकरण एवं पढ़ाई, पाठ्यक्रम का विकास और विश्लेषण; पढ़ाने के तरीके
vksj l k/ku oO , oa vkoj .k vksj mi Hkksäk

oO , oa vkoj .k ea uohu fodkl

, fPNd & V : xg vksj l epnk; l d k/ku 0; oLFkk

xg 0; oLFkk dh ifjdYi uk] ifjokj ea i) fr igp] Mkyuk] fudkyuk vksj fu"d"ki

पारिवारिक संसाधन-समय, क्रमशक्ति एवं धन जैसे संसाधनों की व्यवस्था; संसाधन की मूल विशेषताएँ; संसाधनों को प्रयोग करने के उत्तम तरीके

ifjokj]d thou pØ&समय, क्रमशक्ति एवं धन संसाधनों की जरूरत

, jxkukfeDI dh ifjdYi uk&xg ea bl dk egRo , oa mi ; ksx

ifjokj ea l pkj cfØ; k dh ifjdYi uk vksj egRo(l pkj cfØ; k ea #dkoV{ çHkkfod l pkj ds Hkko dk; Z l jyhj .k dh ifjdYi uk , oa egRo(l k/kj .k i s vksj i s l y cfof/k

मिभोक्ता शिक्षा-उपभोक्ता संरक्षण के कानून; उपभोक्ता l epnk; dk mi Hkksäk l j{k.k ea ; ksxnku(gh u feykoV ds çdkj vksj mudh igpku

, fPNd & VI : गृहविज्ञान विस्तार शिक्षा

नियमानुसार गृहविज्ञान शिक्षा का पाठ्यक्रम विकास

गृहविज्ञान पढ़ाने के साधारण एवं विशेष तरीके

Xहविज्ञान के औपचारिक/अनौपचारिक/प्रौढ़ एवं विस्तार शिक्षा लेने के माध्यम एवं सामग्री

गृहविज्ञान में अनौपचारिक एवं प्रौढ़ शिक्षा

गृहविज्ञान में विस्तार शिक्षा

cnyrs gq Hkkjr ea vksj rka ds fodkl dh ; kst uk, j

xgfoKku ds }kjk fut&jkstxkj vkj y?kq m | kx

xgfoKku ea foLrkj ds dk; Øe

औपचारिक/अनौपचारिक/प्रौढ़ शिक्षा/विस्तार के मापांक और मूल्यांक, देख-रेख और देखभाल
