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**JAMMU & KASHMIR PUBLIC SERVICE COMMISSION**  
**RESHAMGARH COLONY, JAMMU-180001**

**Notice**  
**Dated: 17-02-2018**

The Syllabus for conducting Written Test (Multiple Choice Questions MCQs) for the post of Lecturer (10+2) Home Science in School Education Department is notified for the information of the concerned candidates as under:-

**Subject- HOME SCIENCE**

**1. EXTENSION EDUCATION**

- Extension Education: Concept, Philosophy, objectives and scope.
- Extension Education & Development: Extension as a programme and process
- Programme planning: Meaning, nature, principle, scope and steps of programme planning, Monitoring and Evaluation techniques.
- Communication in Extension: Importance, scope, elements and process of Communication
- Community Development Programs: Concept, Scope, principles, types and limitations
- Teaching & Learning in extension: classification and selection of appropriate method, advantage and limitation of different methods of teaching (mass, group, individual), Audio visual aids planning, selection and types.

**2. FOODS AND NUTRITION**

- Definitions, functions and classification of foods
- Nutrients and their composition, sources and functions, Balanced Diet
- Methods of selection, preparation, preservation, cooking and storage of food
- Deficiency Diseases
- Nutrition for the self, family and community, Meal planning for different age groups
- Food Adulteration and Consumer Protection.
- Food Microbiology, Hygiene and situation

**3. RESOURCE MANAGEMENT**

- Definitions, Human Resources definition, classification and characteristics
- Motivating Factors value, goals and standard
- Steps in management process, decision making in the family
- Need for management and conservation of resources
- Income definition, meaning and types. Budget steps, saving and investment
- Time and Energy Management Need and Techniques
- Housing and Interior Design, Selection and care of household equipment
- Domestic Services, Pipe line fittings, Household Drainage, Electricity, Fire fighting, Equipment Design and Guarantee Certification
- Consumer Education.

#### 4. CLOTHING AND TEXTILES

- Classification of textile fibers and Identification of Textile Fibbers
- Fabric Construction and Finishes, Yarn-Definition and classification, Weaving-types
- Textile designs-principles, concepts and types, Colour combination in textile designing dyeing and printing methods. Traditional and Modern Textile designing
- General Principles of clothing construction
- Wardrobe planning, criteria of selection of clothes for different age groups, climate conditions and occasions for men, women and children
- Care and maintenance of textiles materials and garments
- Handlooms of India with special focus on J&K

#### 5. HUMAN DEVELOPMENT

- Child Development, Human Development, Scope of Human Development
- Concept and Principles of Growth and Development, Factors affecting Growth and Development, Role of Heredity and Environment, Types of Development
- Life span stages: Characteristics and developmental tasks of various developmental stages, their physiological and behavioural problems
- Adolescent Development: Physical and sexual development, Social and Emotional changes, Development of aspiration and achievement, personality development and Family relationships. Problems faced during Adolescence and need of counselling
- Early Childhood Development, Care and Education
- Meaning, concepts and scope of special education and classification of children with special needs.

(Sunita Anand) KAS 17/2

Secretary

J&K Public Service Commission

Dated: 17-02-2018

No:-PSC/DR/Syllabus/2016

Copy to the:-

1. Director General, Information, J&K Government, Jammu for favour of getting the notice published in at least two local leading English dailies of Jammu/Srinagar.
2. General Manager, Government Press, Jammu for publication of the notice in the next issue of the Government Gazette.
3. I/C Grievance Cell, J&K Public Service Commission.
4. Deputy Secretary Administration, J&K Public Service Commission.
5. P.S. to Chairman, J&K PSC for information of the Hon'ble Chairman.
6. I/C Website for uploading the notice on website;
7. I/C Camp Office, Srinagar for pasting the notice on the Notice Board.
8. Main file/Programme file.