



UPPSC LT Assistant Teacher Syllabus

Syllabus

Subject : Home Science

1- Extension Education

Unit -1 : Extension Education — Concept meaning, goals principles and Functions. Formal, Non-formal and informal education.

Educational Psychology- Concept meaning, aims and its relationship With extension education and its application in Extension Education.

Unit-2-Community Development- Concept, Meaning, Scope, Objective and organization.

Panchayati Raj System - concept organization, evaluation and its functions
Development Programmes - run by State and Central Govt. for the welfare of women and children under different five year plans.

Leadership — Concept, definition, types functions and principles Dynamics of leadership.

Unit-3-Communication Process- concept, meaning, approaches, elements, models, channels, theories, problems and barriers of communication. Communication Skills - Speaking, writing and gestures.

Unit-4-Extension teaching methods and audio-visual aids and their classifications.

Unit-5-Programme Planning- concept, meaning, objectives, principles an types. Planning, controlling, monitoring and evaluation.

Unit-6-P.R.A. (Participatory rural appraisal) – concept, meaning, tools and methods.

Unit- 7-Women empowerment and entrepreneurship

2. Home Management and consumer Education

Unit-1 Home and family:- Definition of Home, Types of house, criteria of selection of house, Definition of family and its types and their merits and demerits and contribution of family to the society. Concept of ideal Indian house and family. House wife as a consumer: Definition of consumer, problems rights sources and responsibilities and laws and acts related to consumer.

Unit-2 Managements of time and energy: Principle of Saving, time and energy, importance of time, source of saving. Work simplification, importance, Principles work chart, and work distribution.

Unit-3 Money management and consumer Education Family Income: -Various sources of family income and its type money and real income, direct and indirect income, supplementary family income, need, ways, procedure for keeping households accounts.

Unit-4 Budget Saving and investment: meaning and importance of saving, ways and methods of investment Bank, such as Nationalised and Private Banks, Post Office, L.I.C., P.P.F., P.L.I., Mutual Funds, various Insurance, tax saving, GST Laws.

Unit-5 Interior decoration: use of principle of arts and an- elements in interior decoration.

3- Foods and Nutrition

Nutrition, foods, food groups, Sources, functions, nutrients, Balanced diet, Type of Nutrition- Good nutrition, Mal nutrition, Over nutrition, Composition of foods, Adulteration, Food additives, Food hygiene, Preservation, Methods of Cooking, Types of kitchen, Food Microbiology, Diseases caused by Microbes Elementary Physiology of Different system-(Digestive, Excretory, circulatory, Blood, Blood groups, Haemoglobin, Diet-during different disorders-Diarrehea Constipation, Blood pressure, Dibeties, Kidney disorders, Elementary chemistry of carbohydrates, Protins, Fats, function, sources and classification and deficiency symptoms, Minerals and vitamins Community nutrition, nutrition education, objectives and functions, Assessment of nutritional status, R.D.A. Nutrition education programmes.

4- Human development and family studies

Meaning, Concept, significance, developmental tasks and stages. **Principles of development-** prenatal development, birth process and stages. **Life span development-** Physical, motor, social, emotional, moral, coginitive, speech, play, creativity and personality development. **Preschool Education-** need, significance and importance, educational philosophies and programmes. **Theories of Human Development-** Frued, Erikson, Piaget, Pavlav and Skinner, Kohlberg, Maslow. **Family Relationships-** Influence of family, Parental attitude, child training methods on family relationships, Broken homes, single parents families and reconstituted families, Juvenile delinquents. **Children with special needs-** Definition, labelling, mainstreaming, classification, Physically challenged, mentally challenged, speech impairment, hearing impairment, Visual impairment and learning disabilities.

5- Clothing and Textiles- Importance, classification of fibres, its chemistry and manufacture. History of Textiles, Traditional textiles, Spinning weaving, knitting, history manufacture properties of cotton linen wool silk rayon nylon Sewing machine and its care, Pattern making, washing- care, colouring of clothes, selection of fabrics at different occasions. Embroidery, finished, Tie and Dye, and Batic printing, Factors affecting selection of clothes. Washing techniques, stain removal.

6- Human Physiology

Cell and Tissues- Meaning, Definition and structure, Type of tissues (with example)

Skeletal- Muscular system structure, type, function, joint types, Cartilage structure of muscles.

Digestive System:- introduction of alimentary canal and its parts, mouth and oral cavity, pharynx, oesophagus stomach and intestine

7- Research and statistics : Research its meaning scope, objectives, sources of data, tools and techniques of research, Different type of researches and its application. Frequency, mean, mode median, diagrammatic and graphic presentation of data, primary and secondary data.

8- Health and Hygiene

Unit 1- Definition of health and Hygiene, primary health care principles, common accidents and care at home. measuring of blood pressure, pulse and body temperature. types of pollution and prevention. health check-up.

Unit -2 - Environmental Security

(i) Energy- use of different types of smokeless chulha and use of solar cooker and induction plate.

(ii) Water security-

safe drinking water techniques

importance of quality of water, methods of purification of water such as filtering, use of faucet tap water, water alarm, use of chlorine and use of modern technology.

(iii) Food Security- Grain storage methods, methods of cooking and preservation techniques.

(iv) Livelihood Security - Job opportunities in Govt. And Private Sector. self startup.(self employment)

9- First Aid and Health

First aid- Meaning, principles, Things required in first aid box

Bandages- Types, uses, types of fracture, Sprain, Artificial respiration, dislocation, bleeding and pressure point.

Care & Maintenance- Care of patient and patient room, house-hold remedies for common Diseases.