

Maharashtra Public Service Commission**Civil Services Exam – Mains Optional****Home Science****(Code No : 607)**

Paper – I

Food Science, Human nutrition, Clothing & Textiles

Standard : Degree in Home Science**Total Marks :** 200**Nature of Paper :** Conventional Type**Duration :** 3 Hours

- Note:**
- 1) Answers to this paper must be written either in English or in Marathi.
 - 2) This paper will test the candidate's ability to comprehend, to analyse, to interpret, to criticise and to appraise the subject matter related to the topics/sub topics mentioned below.
 - 3) It is expected from candidates to study the latest and recent developments and happenings pertaining to the topics/sub topics mentioned below.

Section - A (Marks : 50)**1) Food Science and Food Processing :**

- .01) Food groups; Food processing methods and its effects. Energy value of foods and energy expenditure of individuals.
- .02) Principles and methods of food preservation, food spoilage and food poisoning.
- .03) Food adulteration, quality control, quality standards, Sensory evaluation of foods, sanitation and safety of foods, packaging of processed food.
- .04) **Quantity Cookery:** Large scale preparation, delivery & service of food, Cost Control, Accounting.

2) Human Nutrition :

- .01) Carbohydrates, Protein, Fats, Minerals, Vitamins - Definition, classification, digestion, metabolism, water balance, acid base equilibrium.
- .02) Balanced diet. Recommended Dietary Allowances for Indians. Meal planning for various age groups, Nutrition, Exercise and Physical fitness.
- .03) Nutritional disorders, etiology, symptoms treatment, prevention & prophylactic measures and dietary management.

Section - B (Marks : 50)**3) Diet Therapy :**

- .01) Therapeutic adaptation of normal diets, Dietary management of underweight, overweight, fevers, infections,
- .02) Dietary management of diabetes mellitus, cardiovascular diseases, gastrointestinal diseases, liver diseases and renal disorders; Role of dietary fiber & antioxidant in the management of diseases
- .03) Nutrition, dietary management and counseling for other health conditions-arthritis, cancer & HIV/AIDS etc.

4) Community Nutrition :

- .01) Assessment of nutritional status, prevention of malnutrition among vulnerable groups. Food and Nutrition security.
- .02) Current nutritional problems in India and measures to combat them. Food and Nutrition Policy and National nutrition programs.
- .03) Nutrition education and developing nutrition educational program, dietary counseling.

Section - C (Marks : 50)**5) Textile Science :**

- .01) **Fiber to fabric:** stages and technological processes in textile manufacture;
- .02) Identification of textile fibers and blends, textile finishes, fabric geometry and geometric factors.
- .03) **Detergents and laundering of fabrics; laundry equipments:** use and care; stain removal, dry cleaning, disinfection and storage of clothes.

6) Textile Designing :

- .01) **Principles of textile designing:** classification and design development, Computer aided textile designing. Weaving principles and basic weaves. Dyeing and printing.
- .02) Selection of textile design for apparel, home furnishing and other household articles.
- .03) Traditional Indian textiles, costumes and embroideries.

Section - D (Marks : 50)**7) Clothing Construction :**

- .01) Clothing construction, requirements and factors in selection, care and use of clothing for different age groups and activities.
- .02) Equipment and accessories used in clothing construction; wardrobe planning, Fashion designing, fashion illustration.
- .03) Consumer textiles, consumer behaviour.

8) Apparel Manufacturing :

- .01) **Garment industry:** planning, banking credit and support;
- .02) Factory and labour laws, trade globalisation and its impact.
- .03) **Retailing and merchandising:** concepts and principles; marketing trends, sale promotion techniques; export and import procedures.

Paper – II

Human Development, Extension and Family Resource Management

Standard : Degree in Home Science**Total Marks :** 200**Nature of Paper :** Conventional Type**Duration :** 3 Hours

- Note:**
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 - 2) This paper will test the candidate's ability to comprehend, to analyse, to interpret, to criticise and to appraise the subject matter related to the topics/sub topics mentioned below.
 - 3) It is expected from candidates to study the latest and recent

developments and happenings pertaining to the topics/sub topics mentioned below.

Section - A (Marks : 50)

1) Child Development :

- .01) Heredity, environment and other factors influencing child development; prenatal and postnatal care of mother and child. Infant stimulation, development and growth promotion.
- .02) **Early childhood care and education:** objectives and maintenance of ECCE centres. Values of play for young children. Physical, motor, cognitive and language development and fostering creativity in children with special needs – identification, education and rehabilitation; behavioural problems in children.
- .03) Rights of children, child abuse, girl child education.

2) Youth Development :

- .01) Late childhood and adolescent development. Pubertal growth and related developmental changes.
- .02) Sex education; self concept and personality development.
- .03) Problems of adolescents, guidance and counseling for adolescents.

Section -B (Marks : 50)

3) Marriage & Family Relationships :

- .01) Preparation for marriage; goals and adjustments in marriage and family life; family life cycle stages, role of families in socialisation and transmission of cultural values
- .02) Marital harmony, planned parenthood, premarital and marital counseling; family disorganisation.
- .03) Government policies, schemes and programmes for children, women and family welfare.

4) Adulthood & Ageing :

- .01) Changing needs and challenges of senior citizens in India, midlife changes.
- .02) Mental health and well-being.
- .03) **Intergenerational interaction:** role of families and educational institutions.

Section – C (Marks : 50)

5) Family Resource Management :

- .01) Concepts and principles of management; time and energy management, work simplification. Decision making processes.
- .02) Housing and building materials, important features of house planning, housing schemes of Government and other agencies.
- .03) Household equipment, uses, care and safety aspects.
- .04) Environmental issues and protection and conservation.

6) Family Finance and Consumer Education :

- .01) Family finance, budgeting, records and account keeping, planning for family's financial security.
- .02) **Consumer education:** consumer rights, responsibilities, protection.

Section - D (Marks : 50)

7) Interior Design :

- .01) Principles of art and design, application for interior designing, interior space planning. Computer aided interior designing.
- .02) Selection and arrangement of furniture, fixtures and furnishing - flooring and floor coverings; kitchen layout.

8) Extension Management :

- .01) **Communication:** functions, channels, skills, models and barriers. Preparation and use of Audio visual aids in communication, use of information technology in communication.
- .02) **Leadership:** concept, qualities, significance of leadership development.
- .03) Role of extension agencies for planning and implementing community programmes. Impact of information technology on quality of life of family and community, community participation and resources mobilisation.
- .04) Social marketing, entrepreneurial skills and entrepreneurship development. Role of women entrepreneur in social and economic development, Government policies and recent programmes for empowerment of women.
