

**DETAILED SYLLABUS FOR THE POST OF
CHILD DEVELOPMENT PROJECT OFFICER
WOMEN AND CHILD DEVELOPMENT DEPARTMENT
(Cat.No.326/2022)**

Sociology (25 Marks)

Module 1 - Origin and Development of Sociology

Definition of Sociology and Sociological Imagination, Major Contributions of Karl Marx, Emile Durkheim, Max Weber and George Simmel. Expansion of Sociology in the 20th Century, Structural functionalism, Conflict perspective, Interactionist and Phenomenological Schools of Herbert Blumer, E. Goffman, E. Husserl and A Schutz, Critical theory of Habermas, Integrative theories of A Giddens and Bourdieu, Post-modern and Post-structural theories of M Foucault, J Derrida.

Module 2- Sociology in India

Scope and significance of Sociology in India, Indological, Marxian and Structural functional perspectives in Indian Sociology. Family, Kinship and marriage in India. Structural and functional variations. Joint- nuclear debate in Family studies. Nature of Family, marriage and Kinship in contemporary India. Studies on caste in India: Louis Dumont, Gail Omvedt, Subaltern Perspectives of Ambedkar and Kancha Illiah.

Module 3- Globalisation and development

Historical and social context of globalization,-Features of globalization-Social impact and increasing inequalities. Economic development and environmental degradation. Depletion of Natural resources: water, land, minerals-Development induced displacement-Environmental pollution and waste management-Deforestation-Global warming. Gender issues in Development, Gender auditing, Poverty alleviation programmes in India, MNREGS, role of women in Panchayati raj institutions, Kudumbasree- Women empowerment programme in Kerala.

Module 4- Social Problems

Violence against Women, Children and Elderly, Domestic violence, Child Abuse, Pocso Act, Malnutrition, problem of Dowry, Alcoholism, Drug Addiction, poverty, inequality, Unemployment, violence against minorities and backward communities, Problem of social exclusion and inclusion. Untouchability: historical and social roots. Problems of gender and sexual minorities, Religious fundamentalism and communalism.

Module 5- Social Research Methods

Types of research: Different classifications of research based on: Purposes of Social Research: Exploratory; Descriptive, Explanatory, Methodology: Quantitative, Qualitative and Mixed methods, Outcome: Applied and Basic, action, participatory. Basic Research Designs in sociology: cross sectional; longitudinal, and case study. Types of data: Primary and secondary. Basic steps in research

Psychology (25 Marks)

1. Introduction to psychology: Psychology-approaches to psychology: Structuralism-Behaviourism-Gestalt psychology. Biological-Psychoanalytic-Humanistic-Cognitive approaches-Methods in psychology Observation-Case study-Survey and Experimental methods.
2. Biological basis of behaviour-Brain and behaviour-neuron-structure of neuron- synapse-neurotransmitters-CNS-cerebral hemisphere-hemispheric specialization, lobes, fore brain, mid brain, hind brain, endocrine system, hormones and behaviour, limbic system - hippocampus, amygdale-Evolution, Genes and Behaviour. Sensory and motor processing-localization of language-localization of perception.
3. Sensation, attention, perception and consciousness: sensory thresholds-attention-types of attention—models of attention--subliminal perception-colour perception-cues-perception of form-pattern or objects-figure and ground-0 contour-perceptual constancies-size-shape-orientation-brightness-illusions-type of illusions-ESP-states of consciousness-biological rhythms-dream and sleep-ASC meditation
4. Psychological processes: learning: classical conditioning-operant conditioning-cognitive learning-observational learning-memory: encoding-storage and retrieval process-sensory, short term and long term memories-chunking- working memory-semantic and episodic memory-explicit and implicit memory-forgetting: decay interference-repression-amnesia-mnemonics-cognitive process-images and concepts-prototypes-language-deductive and inductive reasoning-decision making-problem solving-motivation-need, drive, incentives-biological and psychological motives-hierarchy of needs-extrinsic and intrinsic motives-intelligence-concepts of IQ-Emotional intelligence.
5. Personality and abnormal behaviour: Approaches to personality-major ideas of Freud's theory-assessment of personality-self report and projective measures-DSM-ICD classification-normality, abnormality, psychological disorders of childhood and adolescence—ADHD—conduct disorder—oppositional defiant disorder--anxiety disorders-mood disorders-schizophrenia-personality disorders.
6. Social psychology-Social perception- -Attribution—Impression formation-- Social cognition-Social influence-Conformity-compliance-obedience. Attitudes -Attitudes and behaviour, Attitude formation, Attitude change, Prejudice and discrimination---Pro social behaviour.

Home Science (25 Marks)

1. Physiology and Microbiology

Digestive system, Cardiovascular system, and Reproductive system. Food microbiology, food poisoning, food spoilage, food borne infections- cholera, dysentery, botulism and salmonellosis, Viral infections- AIDS, Covid 19, Poliomyelitis, Economic importance of mould and yeast

2. Child development and welfare

Factors influencing prenatal development -maternal nutrition, physical and mental health of pregnant women, IUGR, birth process- stages of labour, Types of birth – normal, caesarean, breech and transverse, Pre-mature and LBW babies, neonate- characteristics, abilities and adjustments, reflexes, APGAR test, milestones, Breast feeding – Advantages and disadvantages, Immunization, Feeding the infant, WHO guidelines – Infant and young child feeding, significance of first 1000 days of life, MBFHI, Play-types and significance, Discipline and guidance, Family norms, family planning, sex education, STD, Children with special needs.

3. Human Nutrition and Dietetics

Balanced nutrition, RDA, Fibre, Macronutrients and micronutrients- role in human health, sources, deficiencies, toxicity. Medical nutrition therapy- NCDs, fevers, diarrhea (ORS), Pregnancy, Lactation, preschoolers, school going, adolescents, adults and in old age. Common nutritional problems in the community, Important national and international agencies involved in enhancing population nutrition. Nutritional assessment of children and adults,

4. Extension Education and Communication

Definition, principles, philosophy, formal / informal extension education, poverty alleviation programs of India, Program development-planning executing and evaluation, Communication methods- Journalism/ Community Radio/ TV, Traditional media-folk media, Concept of NGO, CSR, Population- growth, explosion, policies at State and National level, welfare programs for the aged, gender sensitisation

5. Basic Food Science

Food groups, cereals, pulses, nuts, oilseeds, vegetables, fruits, milk and milk products, meat, fish, eggs, poultry, beverages, spices- composition, nutritive contents, processed products, selection and storage, nutrition labelling, FSSAI- objective and role, food preservation, food adulteration, food additives

[25 Marks]

1. SOCIAL WORK

Social Work: Definition, meaning, purpose, goals and objectives - principles and assumptions of social work - basic and auxiliary methods of social work - tools, techniques, skills and abilities of a professional social worker - NASW Code of Ethics and Standards of Practice - Theories of Development: Erikson, Piaget, Kohlberg, Freud - Pregnancy, Childhood, Middle Childhood, Adolescence and Old-age: Biopsychosocial Changes, Developmental Tasks & Hazards

2. WORKING WITH INDIVIDUALS (Social Casework)

Social Casework: definition, nature, objectives, relevance and scope of - philosophy, principles and components of social case work - Social Casework **Process**: Exploration, Engagement, Assessment and Planning, Implementation, Goal Attainment, Termination and Evaluation - **Skills and techniques** in social case work - **Models** of Case Work Practice: Psychodynamic, Behavioural, Psychosocial, General Systems, Ecological & Humanistic-Existential

3. WORKING WITH GROUPS & COMMUNITIES (Social Group Work & Community Organisation)

Social Group Work: Definition, objectives, scope, purpose - principles of Group Work - Social Group Work **Process** - Intake, Study, goal setting, intervention, evaluation - programme as a tool, principles of programme planning, programme development process- stages of group development - Social Group Work **Models** - Group worker - role, functions, skills and qualities.

Community Organisation: Definition, objectives, scope, purpose - principles of community organization - **Process**: Creating discontent, identifying needs, prioritizing needs, designing interventions, mobilizing resources, setting human organisations, implementing and evaluating - **Models** of Community Organisation: Social Planning, Locality Development and Social Action, Neighbourhood Development, Systems Change & Structural Change

4. SOCIAL WORK ADMINISTRATION

Social Work Administration - Concept, as a method, objectives, principles and functions - tasks of a Social work administrator - organization, structure and function of CSWB and SSWB and Department of Social Justice - **Legislations**: Probation of Offender's Act, 1956; Juvenile Justice (Care & Protection) Act 2000; Child Labour (Prohibition and Regulation) Amendment Act, 2016; Domestic Violence (Prohibition) Act 2005; POCSO Act 2012; Maintenance and Welfare of Parents and Senior Citizens Act, 2007, Dowry Prohibition Act, 1961; Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, 2013 (POSH Act) - **Roles** of Social Worker in Women and Child Protection at **LSG level**: village level child protection committees & *jagratha samiti* for women protection.

5. SOCIAL SECURITY SCHEMES

Kerala Social Security Mission: objectives & functions – **Schemes:** Vayomithram – Srutitharangam – Thalolam – Hunger Free City – Cancer Sureksha – Aswasakiranam – Snehasanthwanam – Prathyasa – Samashwasam

Department of Women and Child Development: objectives & functions – **Schemes:** Supplementary Nutrition Program – Aashwasanidhi – First 1000 Days – Mangalya Scheme – Abhayakiranam – Sahayahastham – Education Assistance for Women-headed Families
Others: Sampushta Keralam – ICDS – ORC – Nirbhaya.

NOTE: - It may be noted that apart from the topics detailed above, questions from other topics prescribed for the educational qualification of the post may also appear in the question paper. There is no undertaking that all the topics above may be covered in the question paper