

Tamil Nadu Public Service Commission
Syllabus
Social Welfare and Women Empowerment
(PG Degree Standard)

Code: 585

Unit I: Home Science (20 Questions)

- a) Family resources – classification, characteristics, types of goals and management of family resources – time, energy and money - Concept of Interior space and decor – design, elements and principles, work simplification, Ergonomics, time & motion studies.
- b) Textiles and Clothing – Clothing standards and specification, textiles design – methods, different techniques and fabric finishes (types and methods) – Textile processing – dyeing (types and methods), printing (types and methods), Effluent management – Origin of Effluents, testing parameters, Bureau of Indian Standards (BIS) limits and treatment.
- c) Principles of extension education, extension service – village, panchayat block and district level, Sustainable Development Goals (SDG) for upliftment of community; Communication – Sources, types, skills and techniques and barriers. Communication for extension – face to face, mass media and modern communication technologies.
- d) Principles of Institution Management. Tools of Management, Organization chart, Job description, Job Specification, Work Schedule; Personnel Management - recruitment, selection, training, motivation and performance appraisal of employees. Financial Management – Element of Cost, Cost control and pricing.

Unit II: Psychological Perspectives (20 Questions)

- a) Introduction to Neuron and Nervous systems – Brain and its Function; Endocrine glands – major endocrine glands.
- b) Personality – Definition – Theories of Personality – Personality Assessments – Approaches - Disorder of adult personality; Motivation. Cognitive psychology – Applications; Perception – Definition, theories; Attention – Definition – models – Theories of Attention; Memory structure and processes – Types; Theories of neurocognition. Mental imagery – Memory storing and retrieval – forgetting – Theories of forgetting.
- c) Social psychology – social perception – social cognition; Attitudes – social identity, prejudice; Pro-social behavior; Aggression – nature, causes and control.
- d) Health psychology – Definition, factors influencing health – general approaches to health – models and theories of health – Psychological approaches to health; Behaviour – Eating Behaviour, Maintaining healthy weight, healthy relationship – sexuality, communication and anger – Compromising behaviour – smoking, tobacco usage and related damage to health – Therapies; Alcohol - Biological and social effects, Use and abuse, interventions for alcoholism.
- e) Stress and coping – Types of Stressors – Theories of stress – Types of coping and stress management techniques; Mental disorders – models, disorders classification system.

- f) Approaches of psychopathology; Intelligence – Theories of intelligence; Disorders of childhood and adolescence, anxiety, trauma, somatoform disorders and impulse control disorder; Substance use and addictive disorder, mood and mood disorder, schizophrenia and psychotic disorder. Leadership – Theories; Groups and Teams; Power and politics; Risk management.

Unit III: Fundamentals of Sociology and Sociological Theories (20 Questions)

- a) Definition and Origin of Sociology- Nature and Scope of Sociology. Relationship of Sociology with Other Social Sciences. Society, Community, Institution and Association. Status & Role- Social Processes: Associative & Dissociative. Social Organization, Social control, Social Groups, Social Change, Social Institutions: Marriage, Family, Kinship, Education, Political, Economic, and Religious Institutions-Social Stratification: Caste, Class, Gender, Race, and Tribe. Social Structure. Social Disorganization-Socialization: Importance, Process, Stages, Agencies, and “Self”- Theories of socialization.
- b) Sociological theories: Auguste Comte: Law of Human Progress. Hierarchy of the Sciences. Positivism- Herbert Spencer: Theory of Evolution, Types of Society, Organic Analogy-G. F. Tonnies: Gemeinschaft and Gesellschaft and Public Opinion- Emile Durkheim: Social Facts, Division of Labour, and Theory of Suicide, Religion and Society. Structuralism: Claude Levi Strauss – Structural Anthropology – Binary Opposition, Bronislaw Malinowski– Bio-cultural functionalism. Structural-Functionalism: A.R. Radcliffe- Brown – Study of Social Relationship as Integrated Social System-Karl Marx: Historical Materialism, Mode of Production, Surplus Value, Class Struggle, Alienation- Max Weber: Social Action, Ideal Type, Authority, Bureaucracy, Protestant Ethic and the Spirit of capitalism. Vilfredo Pareto: Logical and non-logical Action, Circulation of Elites. George Simmel: Formal Sociology. Social Types. Philosophy of Money. Karl Manheim: Sociology of Knowledge.
- c) Gender, Sex and Sexuality. Gender Equality and Equity. Gender stratification: Gender and disability. Private - Public Dichotomy and Sexual Division of Labour. Gender Identity. Gender Socialization, Gender Discrimination. Gender Justice- Queer Theory: Judith Butler and Eve Kosofsky Sedgwick-Feminist perspective of differently abled. Gender & Biology – Tiger & Fox, Murdock, Talcott Parson Culture & Society: Ann Oakley, Bruno Bethleheim, Sherry B Orthur, Ernestein Friedl, Nancy Chowdrow Foucault:History of Sexuality.

Unit IV: Child Development (20 Questions)

- a) Growth and development – Definition, Characteristics, Principles and Factors influencing; Domains of development and its interrelatedness
- b) Theories of Human behaviour and development – Evolutionary and biological theories; Learning and behavioural theories, Language and cognitive theories; Psycho-analytic theories and moral development theories
- c) Stages/periods of lifespan development – 8 stages of development, its characteristics, developmental tasks, and milestones; Prenatal and neonatal development
- d) Early childhood and Late childhood – Physical, motor, brain and perceptual development; cognitive development, temperament and attachment, Development of emotions and emotional regulation, Language development, Habit formation, behavioural problems

- e) Adolescence – Physical development, psychological impact of physical changes, Psychological development – self-concept, self-esteem, identity formation, Social development; Physiological and psychological problems and challenges
- f) Adulthood and Old age – Physical changes, Cognitive processing, Emotional and Social changes and adaptations, Adjustments
- g) Family dynamics – Family as a social system; Socialisation within the family; family lifestyles and transitions; Vulnerable families; Child maltreatment

Unit V: Food and Nutrition (20 questions)

- a) Macro and micronutrients: Classification, structure, functions, sources, digestion, absorption, metabolism of carbohydrates, lipids, proteins, vitamins, minerals and fibre deficiency, ICMR requirements – toxicity, symptoms and assessments – Inborn errors of metabolism, water and electrolyte balance – Role of nutraceuticals in human nutrition.
- b) Advanced Food Science: Structure, composition, processing and nutritive value of cereals, pulses, millets and their products. Classification, processing of fruits and vegetables, nuts and oil seeds, sugar and jaggery. Classification of pigments and changes during cooking – Selection, preservation, changes during cooking and spoilage of meat and meat products, egg, fish poultry, milk and milk products – New product development and popularization.
- c) Nutrition in health and diseases: Nutritional requirements and dietary guidelines during different stages of life cycle, Pregnancy – Energy cost, problems, complication, risk factors and teenage pregnancy and dietary guidelines. Lactation – Energy cost, efficiency of milk production and dietary guidelines, Weaning foods and myths.
- d) Etiology, signs and symptoms, metabolic changes and dietary management in fever and infection, gastrointestinal disorders, liver and renal disorders, diabetes mellitus, cardiovascular disease and cancer. Management of allergies and burns and dietary management. Types of diet and feeding methods in pre and post operative conditions.
- e) Community nutrition: Assessment of nutritional status of the community – Direct and indirect methods; Nutritional deficiency disorders – Prevalence and programmes for prevention. Latest immunization schedule, Nutrition education methods and its evaluation; Mode of transmission, signs and symptoms and prevention of communicable diseases – Chicken pox, tuberculosis, malaria, Human Immuno Virus/AIDS, COVID-19 and Polio.

Unit VI: Social Work (20 Questions)

- a) Social Work Profession: Meaning, definition, history and concepts. Philosophy of Social Work Profession: Values, beliefs, principles and code of ethics; Professional bodies; Social Work theories; International Social Work – basic concepts, Global Agenda and Global standards for practice; Human Rights and Social Work; India as a welfare state; Role and contributions of voluntary organizations, International Non-Governmental Organizations, Non-governmental Organizations and Civil Society Organizations.
- b) Direct Methods of Social Work: Social Case Work, Social Group Work, Community Organisation: Meaning, definition, history, philosophy, values, principles, approaches, skills

and process. Indirect Methods of Social Work Practice: Social Work Administration: Concept, definition, characteristics, functions, administrative process, Nehru Yuva Kendra, Department of Social Welfare and Women Empowerment; Social Work Research: Definition, objectives, scope, characteristics and functions. Social Action: Concept, definition, aims and objectives, scope, strategies and tactics for social action.

- c) Fields of Social Work Practice: Family and Child Welfare Settings, Community Settings, Health Settings, Correctional Settings, Industrial Settings, Rehabilitation Institutions, School Social Work, Geriatric Social Work, Settings for youth and Women, Green Social Work, Disaster Management. Roles and Skills of Social Workers.

Unit VII: Rehabilitation Science (20 Questions)

- a) Rehabilitation – Concept, Nature, Meaning; History of Rehabilitation;
- b) Disability – Definition (Impairment, Disability and Handicap); Classification of Disability – World Health Organization (WHO), Rights of Persons with Disabilities Act (RPwD Act, 2016); Historical Perspectives of Disabilities; Influence of Labelling, Stereotypes and stigma on disability; Models of Disability Rehabilitation Services – Institutional, Home-based, Integrated, Community Rehabilitation services and Inclusion;
- c) Rehabilitation of Persons with Disabilities (Sensory Disabilities, Locomotor disability, Intellectual Disability, Chronic Neurological Disorder, Blood disorder, Mental behaviour, Behavioural disorder and Multiple Disabilities) – Definitions, Signs and symptoms, Classification, Causes, Characteristics and Prevention, Early identification and Assessment, Misconceptions, Interventional Services (Therapeutic, educational, behavioural, vocational rehabilitation); Adaptive and Assistive devices in the services of persons with disabilities;
- d) Role of Family and Community involvement in Rehabilitation Services of Persons with Disabilities;
- e) Schemes and Services in Rehabilitation – Central Public Sector Enterprises: National Handicapped Finance and Development (NHFDC), Artificial Limbs Manufacturing Corporation of India (ALIMCO), Schemes of the Department - Divyangjan: Deendhayal Divyangjan Rehabilitation Scheme (DDRS), Assistance to Disabled Persons for Purchase/ Fitting of Aids/Appliances (ADIP), Scheme for Implementation of the Rights of Persons with Disabilities Act (SIPDA), District Disability Rehabilitation Centre (DDRCs), National and State Award for Empowerment of Persons with Disabilities (PwDs).

Unit VIII: Constitutional Privileges (20 Questions)

- a) Constitutional Provisions for Children: Current policies and trends - Child Welfare; Bonded Labour (Abolition) Act 1976- Child Labour (Prohibition and Regulation) Act, 1986- The Prohibition of Child Marriage Act 2006- Protection of Children from Sexual Offences Act (POCSO), 2012- Juvenile Justice (Care and Protection of Children) Act, 2015, The Right of Children to Free and Compulsory Education Act, 2009;
- b) Constitutional Provisions for Women: The Special Marriage Act, 1954; The Immoral Trafficking (Prevention) Act, 1956; The Dowry Prohibition Act, 1961; The Medical Termination of Pregnancy Act, 1971; The Equal Remuneration Act, 1976; The Indecent

Representation of Women (Prohibition) Act, 1986; The Protection of Women from Domestic Violence Act, 2005; The Prohibition of Child Marriage Act, 2006; The Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, 2013, Hostels and Homes for Women and Children (Regulation) Act, 2015

- c) Constitutional Provisions for Elderly- Maintenance and Welfare of Parents and Senior Citizens Act, 2007; Article 41 (Right to public assistance); Article 21 (right to life and personal liberty)
- d) Constitutional Provisions for Persons with disabilities – National Policy for Persons with Disabilities, 2006, Rehabilitation Council of India Act, 1992, Rights of persons with Disabilities, 2016

Unit IX: Guidance and Counselling (20 Questions)

- a) Guidance – Meaning, Definition, Scope and Approaches; Educational, Vocational and Career guidance
- b) Counselling – Origin, scope and structure; Steps in Counselling; Factors affecting counselling process; Skills for an effective counsellor; Factors of counselling; Early and Contemporary theories of counselling
- c) Individual and Group counselling – Nature, scope, process, benefits and limitations;
- d) School counselling – Nature, theories, role of a teacher and school counsellor; Vocational Counselling – Theories and process; Counselling in specific areas – Family, marriage, women, weaker section, drug addicts and delinquents
- e) Monitoring and evaluation – Approaches, types and techniques

Unit X: Research Methods (20 Questions)

- a) Definition of Scientific Research: Science and Its Characteristics. Features, Purpose, and Assumptions of Scientific Method;
- b) Theory and Research. Induction and Deduction - Review of literature: Scope and Purpose of literature review
- c) Hypothesis: Formulation of Hypothesis; Hypothesis Testing, Errors in hypothesis
- d) Research Design: Need for Research Design, Features. Types - Methods of Data Collection- Methods of Scale Construction
- e) Sources of Data: Primary and Secondary Data - Sampling: Probability and non-probability methods - Quantitative Methods and Survey Research;
- f) Qualitative Research; Mixed Method Research Design - Types - Triangulation Method - Report writing- Format, Footnotes, Figures, Bibliography, Index and Evaluating the Final Report.