

**Entrance Test Syllabus  
For One Year P.G Programme  
Session -2026**

(Total No. of Units =16)

**Unit –I**

**Introduction to and Methods of Studying Human Development**

- Concept and significance of human development, Principles of growth and development. Historical foundations of child development
- Dimensions of human development, Stages and conditions affecting pre-natal development. Characteristics, Developmental tasks, Physical changes and mental health of adolescents.
- Different methods of studying Human Development: Objective, subjective and projective techniques, Inventory, Scale, Test. Psychometric methods- concepts and types.
- Observation, Interview, questionnaire and case study (Types, advantages &disadvantages).

**Unit – II**

**Early Childhood Care and Education**

- Introduction to ECCE: Need, Scope and Objectives of ECCE.
- Contribution of Rousseau, Froebel and Montessori towards the development of ECCE.
- History and Trends of ECCE in India: Development of Pre-School Education in India, NEP2020 and the latest trends of ECCE
- Administrative concerns, issues and problems: Staff, Equipment, location and site, child assessment organization of the ECCE Centres.



### **Unit – III**

#### **Parenting in Early Childhood**

- Individual Parenting Roles: Changing concepts of parenthood and childhood, determinants of parenting behaviour.
- Characteristics of the parenting roles: Mothering role, Fathering role.
- Developmental Interaction in Early Childhood Years: Parents role in developing self awareness in children, Importance of family relations and communication.
- Techniques of parent Education in Preschool Setting: Parent Library, Toy Library, Parents corner.

### **Unit –IV**

#### **Development through Adulthood**

- Early Adulthood: Developmental tasks, Physical and Cognitive Development, Psycho-Social Development, Marital adjustment, Parenthood.
- Middle Adulthood: Developmental tasks, Physical and Cognitive Continuity, relationships at mid-life.
- Late Adulthood: Developmental Tasks, Cognitive Changes, Inter-generational relations, retirement from formal work.
- Ageing and Death: Stages of Dying and grief, Death and Bereavement.



## **Unit – V**

### **Fundamentals of Food Science and Nutrition**

- Introduction to Food Science: Food Groups, Functions of Food, Factors affecting Food Habits.
- Introduction to Nutrition: Carbohydrates, Lipids, Proteins, Vitamins & Minerals- Sources & Functions in the body.
- Introduction to Cooking & Preservation: Methods and Principles.
- Menu Planning: RDA, Balanced Diet, Use of food pyramid & exchange list.

## **Unit – VI**

### **Principles of Food Science**

- Evaluation of food by sensory and objective methods: Factors affecting acceptability of Foods.
- Milk Cookery: Properties of milk Proteins, uses of milk.
- Egg Cookery: Uses of egg as an emulsifying and a binding agent.
- Fats and Oils: Uses in Food Preparation, hydrogenation and rancidity.

## **Unit –VII**

### **Life Span Nutrition**

- Basic concepts of meal planning: Principles of meal planning.
- Nutrition during Adult Years: Pregnancy and lactation.
- Nutrition during childhood: RDA & nutritional requirements.
- Nutrition during Adolescence: RDA & nutritional requirements.

## **Unit – VIII**

### **Public Nutrition**

- Assessment of Nutritional Status: Methods & application-ABCD techniques
- Malnutrition: Causes and Indicators
- Common Nutritional Deficiencies: Prevalence and management of PEM, Iron deficiency anemia, Vitamin A deficiency.
- Strategies to combat nutritional problems: Nutrition policies & programmes.

## **Unit – IX**

### **Developmental Communication and Extension**

- Introduction to Extension and Communication: Need, Importance, Objectives, Principles, Scope, Challenges; Extension Education System.
- Extension Programme Planning: Process, steps, characteristics, principles and involvement of people; Extension Administration
- Extension Teaching Methods and Communication: Concept, functions, channels, problems, approaches.
- Extension teaching methods: Classification and methods

## Unit – X

### Communication systems and Social Change

- Understanding Self: Awareness of self in communication; Intrapersonal communication; Self-concept; Self esteem
- Interpersonal Communication: Concept, types and functions of interpersonal communication; Dyadic, small and large group communication.
- Organisation, Public Communication: Organizational communication: concept, types and networks; Public communication-concept and techniques
- Mass Communication: Concept, functions, elements and theories of Mass communication

## Unit – XI

### Extension Programme Planning

- Extension Programme planning: Concept, Components, Principles of programme planning as applied to extension programme, Steps in extension programme planning
- Programme planning models: Programme Planning models, Types of plans, nature, characteristics, Steps in planning , importance of extension programme planning
- Monitoring and programme evaluation: Meaning and concept of monitoring and evaluation, programme implementation, Scope.
- Feedback in Management: Feedback systems and role of Management Information Systems (MIS); Report writing and documentation.



## Unit – XII

### Management of Human Service Organization

- Management of Human service organization: Concept importance and functions of management; Planning and implementation; Personnel management; Managerial skills
- Government and Non-Government Organizations: National commission for women, central social welfare board, state social welfare board; SEWA; SOS Villages, Help Age India; ICDS
- Organization Working with special needs: Physically and mentally handicapped, orphans, street children; National Association for Blind; YMCA; YWCA
- Volunteerism: Concept of volunteerism; Role of volunteerism in society; Motivation of volunteers; Profile of volunteers.

## Unit – XIII

### Human Rights, disabilities, guidance and family studies

- Child and human rights: Universal declaration of Human Rights (1948), Children in difficult circumstances, Economic, environmental and property rights
- Definition, classification, etiology of: physical, sensory, emotional and behavioral disorders. Sociometric methods and intelligence tests. Scales of Infant Assessment.
- Concept, characteristics and factors influencing: Guidance and Counselling, Vocational, Educational and Family guidance,
- Family as component of social system: Functions of family, Factors influencing, changes in Family Structure, Alternative Families. Marital distress : Family violence, Battered women, Drug addiction, Alcoholic abuse, Dowry, Gender discrimination

#### Unit – XIV

##### **Nutrition in Emergency /Therapeutic Condition**

- Disaster Management: Assessment & surveillance in Emergency affected population Nutritional relief and rehabilitation.
- Major nutritional deficiency diseases in emergencies: PEM, Vitamin deficiency, Mineral deficiency.
- Dietetics: Modification of normal diet, methods of feeding, dietary management in stress.
- Dietary Management in metabolic disorders/weight management /CVD/Renal/Gastro-Intestinal tract Disorders.

#### Unit – XV

##### **Community health management, Participatory Rural Appraisal (PRA) & Information and Communication Technology (ICT) for development**

- Community health management: Community health, Primary health care components, National Health Programmes, Global warming, causes and prevention
- Participatory Rural Appraisal (PRA): PRA concept and principles, PRA methods, social map, resource map and mobility map
- Information & Communication Technology (ICT): ICT- New ICTs- computers, satellite and wireless technology, gadgets, cybercafés, world wide web in education, email forming, chat, blog and twitter
- ICT tools & techniques: community radio and potential of radio as an ICT, web and video conferencing as technologies for communication.

#### Unit – XVI

##### **Research Methods and Statistics**

- Introduction to Research Methodology: Meaning, Importance, Objectives, Types of Research, Designing the research study , Data collection Methods
- Research Methods and Data Gathering Instruments: Sampling— Characteristics and steps of sampling, Sampling Techniques ,Data Processing
- Processing and Analysis of Data: Measures of Central Tendency, Measures of Dispersion, Chi Square and t-Test

- Analysis and Interpretation of Data : Microsoft Excel, Applications of SPSS & MINITAB

*Handwritten signature*

*Handwritten signature*