

SCHEME AND SYLLABUS OF EXAMINATION FOR THE PURPOSE OF FILLING UP THE POST OF NUTRITION EDUCATOR CUM INSPECTOR UNDER THE SIKKIM STATE SUBORDINATE ALLIED AND HEALTHCARE SERVICE.

I. The mode of examination and setting-up of question-papers shall be both, i.e., conventional type and objectives type MCQs in paper I and II. The candidates are required to answer the objective type MCQs in the OMR Sheets and are required to follow the guidelines provided in the OMR Sheet while answering the questions.

II. The subject wise allotment of maximum marks shall be as under:

Syllabus:-		
General English	PAPER I	50 marks
General Knowledge		30 marks
Main Paper Bachelor of Home Science Course	PAPER II	100 marks
TOTAL		180 marks
Viva voce/ interview		20 marks
Grand Total		200 marks

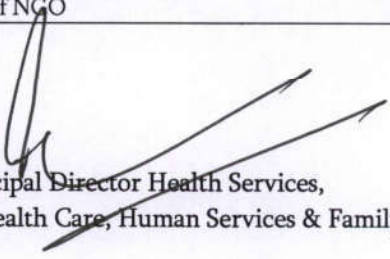
III. Syllabus for written examination for Nutrition Educator cum Inspector: -

Sl. No.	Name of the Course	Topics
01	02	03
	COMMUNICATION AND EXTENSION	Communication: Concepts Understanding Human Communication Communicating Effectively Communication for Extension
	RESOURCE MANAGEMENT	Introduction to Resource Management Resources Functions of Management: An overview
	FASHION STUDIES	Importance of clothing Fashion Adoption of fashion Fashion centers and designers of the world Design
	FUNDAMENTALS OF NUTRITION AND FOOD SCIENCE	Basic concepts in food and nutrition Nutrients Food Groups Methods of Cooking and Preventing Nutrient Losses
	LIFE SPAN DEVELOPMENT	Understanding Human Development Early Childhood Years Middle Childhood Years
	FUNDAMENTALS OF TEXTILES	Textile fibres and their properties Yarns Fabric construction Dyeing, Printing and Finishing
	PHYSICAL SCIENCES	CHEMISTRY: Solutions Acids, bases and salts Redox Reactions Organic Chemistry Household Chemicals PHYSICS

	<ul style="list-style-type: none"> <input type="checkbox"/> Measurements of Physical Quantities- Units and dimensions. <input type="checkbox"/> Different types of motions, Laws of motions and examples. <input type="checkbox"/> Gravity and Gravitation. <input type="checkbox"/> Work, Power and Energy. <input type="checkbox"/> Temperature and its measurements. <input type="checkbox"/> Calorimetry, change of state with applications. <input type="checkbox"/> Heat Transfer- modes and examples. <input type="checkbox"/> Refraction, Reflection and Diffusion of light. <input type="checkbox"/> Lighting fixtures- Fluorescent tube, Incandescent lamp, night lamp, CFL, LED. <input type="checkbox"/> Normal Vision, Defects of vision. <input type="checkbox"/> Lasers- Properties and Applications. <input type="checkbox"/> Concept of current, voltage and resistance- Ohm's Law. <input type="checkbox"/> Conductors and Insulators of electricity and their applications. <input type="checkbox"/> Household wiring- safety features- fuse, MCB and earthing. <input type="checkbox"/> Efficient transmission of electric power.
	<p>Consumer Awareness</p> <ul style="list-style-type: none"> <input type="checkbox"/> Guarantee and warranty of all household equipments. <input type="checkbox"/> Precautions while using equipments and servicing of equipment used.
LIFE SPAN DEVELOPMENT	Introduction to Adolescence
	Young Adulthood
	Middle and Late Adulthood
NUTRITION FOR THE FAMILY	Basic concepts meal planning
	Nutrition during the adult years
	Nutrition during childhood
LIFE SCIENCES	<p>BOTANY:</p> <p>Introduction to Plant Kingdom Anatomy of Plants Propagation of plants – seed and vegetative Physiology</p>
	<p>ZOOLOGY:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Classification of animal kingdom <input type="checkbox"/> Chordates up to 5 major classes, characteristics with examples <input type="checkbox"/> Non chordates up to phyla, characteristics with examples <input type="checkbox"/> Cell theory, electron microscopic structure and function of a cell <input type="checkbox"/> Cell division and its significance <input type="checkbox"/> Parasites and human diseases <input type="checkbox"/> Plasmodium, Giardia, Enamoeba, Taenia, Ascaristic <input type="checkbox"/> Economics importance and control of common household pests e.g. cockroach, housefly, mosquitoes and termites. <input type="checkbox"/> Identification and control of important stored grain pests. <input type="checkbox"/> Introduction to Stem cell technology <input type="checkbox"/> Cloning <input type="checkbox"/> Transgenic animal and their importance <input type="checkbox"/> Basics of Genetics <input type="checkbox"/> Genetic disease and sex linked inheritance <input type="checkbox"/> Importance of Genetic counseling
PERSONAL FINANCE AND CONSUMER STUDIES	Income and Expenditure
	Consumer in India: Consumer problems and education
	Consumer Protection
COMMUNICATION SYSTEMS AND SOCIAL CHANGE	Understanding Self
	Interpersonal Communication
	Organization, Public and Mass Communication
	Mass Media
DISCIPLINE SPECIFIC ELECTIVE (DSE)	
NUTRITIONAL	Introduction to Biochemistry

BIOCHEMISTRY	
	Carbohydrates
	Lipids
	Proteins
	Digestion and absorption
	Vitamins - Structure and biochemical role
	Minerals
PUBLIC NUTRITION AND DIETETICS	Concept and scope of public nutrition
	Assessment of nutritional status: methods and application
	Common nutritional deficiencies
	Introduction to Diet Therapy
	Common diseases/ disorders
CHILDREN WITH DISABILITIES	Introduction to Childhood Disabilities
	Common Childhood Disabilities
	Children with Disabilities and Society
CHILD RIGHTS AND GENDER EMPOWERMENT	Understanding Child Rights
	Children in Difficult circumstances
	Conceptualizing Gender
	Gender Empowerment
COMMUNICATION FOR DEVELOPMENT	Concept of Development Communication
	Understanding Paradigms of Development
	Development Communication and Media
EXTENSION MANAGEMENT	Extension: Concept
	Methods and Approaches of Extension
	Development Programmes
PROCESSES IN APPAREL DESIGN	Introduction to pattern making
	Preparatory steps for garment construction
	Seams and finishing of raw edges
	Study of garment components
	Design & Fit
TRADITIONAL INDIAN TEXTILES	Study of Textile Crafts of India: with reference to history, production centers, techniques, designs, colours and products
	Status of Traditional Textiles in Modern India
	Conservation of Textiles
ENTREPRENEURSHIP DEVELOPMENT	Entrepreneurship Development
	Enterprise Planning and Launching
	Enterprise Management and Networking
BASICS OF DESIGN APPLICATION	Design Fundamentals
	Furniture & Furnishings: Historical Perspectives & Contemporary Trends
SKILL ENHANCEMENT COURSES	
SOCIOLOGY OF WORKING WITH FAMILIES AND COMMUNITIES	<p>Various dimensions of family, society and culture, cultural stereotypes</p> <ul style="list-style-type: none"> <input type="checkbox"/> Poverty and deprivation. <input type="checkbox"/> Customs, belief and folklore in everyday life. <input type="checkbox"/> Cultural plurality, practices and ethnic identity. <input type="checkbox"/> Role of media. <input type="checkbox"/> Social mobility and social change <input type="checkbox"/> Forms of stratification and their interrelationships: class, ethnicity, gender, caste, race and occupation. <input type="checkbox"/> Ethnographic approaches to the study of groups. <p>Emergence of New Ideological Orientations</p>
UNDERSTANDING PSYCHOLOGY	
OVERVIEW OF INDIAN ECONOMY	Economic system, Consumption and production and distribution

	Indian Economic Environment
HUMAN PHYSIOLOGY	
BAKERY SCIENCE	Basic Concepts of Bakery Practical Training in Baking
HOME BASED CATERING	Introduction to Food Service Food Production Resources Planning Of A Food Service
NUTRITION AND FITNESS	Understanding Fitness Importance of nutrition Importance of Physical activity Weight Management
HOUSE KEEPING	Housekeeping Department Cleaning Activity and Pest Control In House accidents, Fire safety and First Aid Linen and Uniform Room Laundry
TRAVEL AND TOURISM	Introduction to Travel and Tourism Tourism Organization & Legislation Travel Agent And The Tour Operator Itinerary planning & Tourism Marketing
NUTRITION HEALTH COMMUNICATION	Concepts and Theories of Communication in Nutrition – Health The Components and Processes of NHC Programs and Experiences of NHC global and Indian perspective Nutrition - Health – Communication in Government Programs and NGOs
BIOPHYSICS	Basic aspects of biophysics Biophysical Phenomena: concepts and application in the field of nutrition Principles and Working of basic instruments Principles and Working of advanced Instruments
LIFE SKILLS EDUCATION	Concept and Meaning of life skills Components for Planning & Organizing Life Skills Programs Life Skills and Youth Development
NGO MANAGEMENT & CSR	Concept of NGO Starting of NGO NGO Management Problems of NGO


 Principal Director Health Services,
 Department of Health Care, Human Services & Family Welfare.