

**GOVERNMENT OF MIZORAM**  
**SOCIAL WELFARE & TRIBAL AFFAIRS DEPARTMENT**

**NOTIFICATION**

Dated Aizawl the 1<sup>st</sup> March, 2023

**No.A.11012/38/2019-SWD:** In supersession of this Department's Notification even number Dt. 20.1.2023, the Governor of Mizoram is pleased to notify syllabus for examination of Direct Recruitment to the Post of District Social Welfare Officer (DSWO) under Social Welfare & Tribal Affairs as enclosed with immediate effect.

**SYLLABUS FOR DIRECT RECRUITMENT TO THE POST OF  
DISTRICT SOCIAL WELFARE OFFICER UNDER SOCIAL WELFARE & TRIBAL  
AFFAIRS DEPARTMENT**

**PAPER – I**

***Total marks - 200***  
***Duration - 2 hours***

- (a) Current events of national and international importance.
- (b) History of India and Indian National Movement.
- (c) Indian and World Geography - Physical, Social, Economic Geography of India and the World.
- (d) Indian Polity and Governance - Constitution, Political System, Panchayati Raj, Public Policy, Rights Issues, etc.
- (e) Economic and Social Development Sustainable Development, Poverty, Inclusion, Demographics, Social Sector initiatives, etc.
- (f) General issues on Environmental Ecology, Bio-diversity and Climate Change - that do not require subject specialization.
- (g) General Science.
- (h) General awareness on Mizo culture, its heritage and society.

Note: Questions will be set in English only and of Multiple choice objective questions (MCQ) without negative marking. There will be 100 questions carrying 2 (two) mark each.

**PAPER – II**

***Total marks - 200***  
***Duration - 3 hours***

**PART A – 100 Marks (Multiple Choice Questions)**

- (1) Interpersonal skills including communication skills – 20 marks (10 questions carrying 2 marks each).
- (2) Logical reasoning and analytical ability – 20 marks (10 questions carrying 2 marks each).
- (3) Simple Arithmetic (Class X level) including data interpolation (Charts, graphs, tables) – 30 marks (15 questions carrying 2 marks each).

(4) Basic computer knowledge – 30 marks (15 questions carrying 2 marks each).

**PART B – 100 Marks**

- a) Essay writing - 25 marks
- b) Précis writing - 15 marks
- c) Comprehension - 20 marks (Class XII level)
- d) English Grammar - 40 marks (MCQ and conventional)

**Note: Paper III and Paper IV shall be classified as Technical Papers.**

- 1) 50% of Paper III shall be set in objective type questions carrying 2 marks each and the remaining 50% shall be set in conventional type questions.
- 2) 50% of Paper IV shall be set in objective type questions carrying 2 marks each and the remaining 50% shall be set in conventional type questions.

**PERSONAL INTERVIEW:**

The total marks allotted for personal interview for the post of District Social Welfare Officer shall be as prescribed in “The Mizoram Direct Recruitment (Conduct of Examination) Guidelines, 2018 as amended issued vide No. A.12026/1/2017-P&AR (GSW) dt. 09.02.2018 or as prescribed by the Government from time to time.

**PAPER III**

**Optional subjects: Candidates shall make option from any one of the four subjects as Paper III**

**1. HOME SCIENCE**

**Total marks : 200**

**Duration: 3 hours**

**UNIT I: HUMAN DEVELOPMENT (40 marks)**

Concept of human development, General principles of development. Factors affecting growth and development:-

- (a) Genetic inheritance
- (b) Environmental prerequisites. Beginnings of a new life – prenatal influences on the child, biological risks, age of mother, illness, diet and nutrition, stress and emotional strains, environmental hazards.

Physical development. Social Development. Emotional Development. Personality Development. Prenatal period –

- (a) Course of pre-natal development, overview of birth process and complications
- (b) Conditions affecting prenatal development. Infancy (0-2 years) – definition and highlights of development. Early Childhood – definition and characteristics of early

childhood, developmental task of early childhood. Middle Childhood (6-12 years) – definition, importance of peer group. Adolescence (13-18years) – definition, heightened emotionality, problems of drugs abuse, alcohol abuse and school drop – out. Early Adulthood (19-40 years) – definition, responsibilities and adjustment – parenthood marriage, family, selecting a vocation. Middle Adulthood (40-65 years) – physical changes, social adjustment; relationship with maturing children; relationship with aging parents. Late Adulthood (65 years and above) – physiological changes, health problems and memory changes, retirement.

## **UNIT II : FAMILY RESOURCE MANAGEMENT (26 marks)**

Definition, function and types of family. Home Management – Meaning and importance. Management Processes – Planning, importance and its types. Controlling Phases – energizing, checking, adjusting, evaluating. Decision Making – Definition, types and steps involved in decision making. Factors Motivating Management – Goals, concept and classification. Values – Concept, classification, changing values. Standards – Concept, classification; conventional, non – conventional, qualitative, quantitative. Attitude Concept. Resources – Definition, classification, characteristics; factors affecting the use of resources, guides to increasing satisfaction from the use of resources. Time – as a resource. Tools in time management – Peak load, work curve, work units. Time plans – definition, advantages, steps in making time plans. Energy – as a resource, energy cost, efforts used in home making activities. Fatigue – definition, types, measures to overcome fatigue, rest periods to relieve physiological fatigue. Non – Human Resources – community resource; concept, role of citizen/home science in maintaining community resource. Money – as a resource. Family income – Types, sources, methods of handling income, supplementing family income. Budgeting – definition, types and its importance, steps in making budget. Account keeping – importance, systems. Savings and Investment – Meaning, objective, types, criteria for judging sound investment, credit merits and demerits.

## **UNIT III : FAMILY AND CHILD WELFARE (40 marks)**

Meaning and importance of Family and Child Welfare. Central Social Welfare Board meaning and programmes undertaken by Central Social Welfare Board. Profile of Women and Children in India with focus on Health and education. Family welfare – National Rural Health Mission; Nature and objectives and programmes. Family counselling centre: Objectives, importance and junctions. Elderly; definition, status, services and National policies. Women Welfare: Reproductive Child Health Care Nature and Programmes. Women Empowerment – Native, Reasons and Policy, National Women Commission. Child Welfare: Juvenile Justice Act 2000, National Plan of Action for Children 2005. Agencies rendering services to children UNICEF, NIPCCD Childline, ICDS. Laws relating to protection of women and children. Women's Legal rights; Divorce. property, domestic violence, child labour, child abuse. Services for the physically handicapped, orthopedically blind, heard of hearing and speech defect.

#### **UNIT IV : CHILD PSYCHOLOGY (30 marks)**

Introduction to child psychology: Definition, scope and research methods of child psychology, longitudinal and cross – sectional methods. Theories of child psychology; Freud Psychosexual theory, Piaget – cognitive theory, Erikson Psychosocial theory. Personality – Meaning, Traits and Type of Personality Determinant of Personality Development. Assessment of Personality, Gender roles; factors influencing Gender roles. Attitude - Attitude formation, Cognitive dissonance.

Learning – Meaning, Types of Learning, Factors influencing learning, motivation, different kinds of motivation, motivating child to learning.

Intelligence – Meaning, different kinds of Intelligence. Meaning of IQ, factors related to IQ, Intelligence test/Measurement of Intelligence.

Psychology and care of disable children – Mentally Disadvantaged/Disabled/Challenged, Physically handicapped, educationally backward. Definition, characteristics and care/ remedial measures.

#### **UNIT V : EARLY CHILDHOOD EDUCATION (20 marks)**

Introduction to Early Childhood Education – objectives, importance of early childhood years in individual development. Motor development. Language development. Child rearing practices. Contribution of Mahatma Gandhi and Rabindranath Tagore in Early Childhood Education. Views of Froebel, Maria Montessori and Rousseau on Early Childhood Education. Play – importance, and factors affecting play. Organizing a Pre-School.

#### **UNIT VI : EXTENSION EDUCATION AND COMMUNICATION, MANAGEMENT AND PRACTICES (44 marks)**

Extension Education: Definition, meaning, importance and scope; Principles of Extension Education; Qualities of Extension Education workers. Role of Home Science in Extension Education ; History and Development of Home Science extension and its scope ; Role of Home Science extension in rural development. Extension programme planning: Meaning, types and principles; Steps in Extension programme planning; University Extension programmes; Basic principles used in programme planning. Leadership in Extension Education; Meaning, types of leadership; Characteristics; Role and functions of local leaders in Extension Work. Teaching learning process: Concepts and characteristics of learning; Steps in Extension Teaching; Learning situation in Extension Education; Power of adults to learn. Communication: Concept and meaning of communication; Channels of communication; Essentials of communication; Types of communication; Importance of communication in Extension work. Communication and Extension methods: Individual approach; group approach; mass approach. Audio visual aids: Planning, classification and use of audio visual aids; Audio Aids; Non-projected visual aids; projected visual aids: slides, film – strips, opaque projectors, movie projectors. Indigenous communication channels: Introduction, special features of Indigenous communication channels; types of Indigenous channels; folk media, social gatherings, puppets, drama. New Communication technologies : Introduction; Kinds of new communication technologies; micro – computers, video text, electronics Email, interactive video, teleconferencing, multimedia strategies;

computer in extension education. Entrepreneurship – Characteristic; Importance; Type and functions of Entrepreneurship; Entrepreneurship at grassroots level. Entrepreneurship through Home Science Education- Introduction; Different aspects of Entrepreneurship in Home Science: Food and Nutrition, Resource Management, Fabric and apparel designing, Human Development. Global warming and climate change – Definition, Concept and its effects on Agriculture, water availability yield/production, pest, diseases and weeds. Land use and global warming; ENSO effect on agriculture. Methods of Research - Trends in Research in Home Science; Research designs, Types of Research; Sampling techniques; Selection and preparation of Tools for data collection. Collection of data for research – Types of variables; data collection and classification/coding; Analysis of Data through parametric and non – parametric statistics; Report writing presentation of data, interpretation and discussion.

## **2. PSYCHOLOGY**

### **(Foundations of Psychology)**

#### **UNIT I Introduction: Psychology as a Science (6 marks)**

Definitions and perspective. Psychology in relation to other social and natural sciences. Use of interdisciplinary approach.

#### **UNIT II (24 marks)**

##### **a) Methods of Psychology**

Characteristics and components of methods in psychology (induction, deduction and introspection). Observation, Survey, Laboratory and field experiments. Clinical and Case study. Experimental and quasi Experimental methods.

##### **b) Research methods and quantitative analysis**

Major steps in psychological research (problem statement, hypothesis formulation, research design, sampling, tools of data collection, analysis and interpretation and report writing). Fundamental versus applied research. Methods of data collection (interview, observation, questionnaire and case study). Research Designs (Ex-post facto and experimental). Application of statistical techniques (t-test, one-way ANOVA correlation and regression and chi-square tests).

#### **UNIT III Development of Human Behaviour (20 marks)**

The nature, origin and development. Role of genetic and environmental factors in determining human behaviour. Influence of cultural factors and socialization. Life span development-the critical periods and their handling, Mastery of the developmental tasks. Influence of child rearing practices and its impact on the growth and development of the individual.

#### **UNIT IV (40 marks)**

##### **a) Attention, Sensation and Perception:**

Attention - factors, influencing attention including set and characteristics of stimulus. Sensation- concepts of threshold, absolute and difference thresholds, signal detection and vigilance. Definition and concept of perception, biological factors in perception. Perceptual organization-influence of past experiences, Perceptual defence-factors influencing. Space and depth perception, size estimation and perceptual readiness.

##### **b) Learning:**

Concepts and theories of learning (Pavlov, Skinner and Piaget). The processes of extinction, discrimination and generalization. Programmed learning, probability learning, self instructional learning, concepts, types and the schedules of reinforcement. Modelling and social learning.

##### **c) Memory**

Concepts and definition of memory and forgetting, 7+/-2 concept and chunking Encoding, storage and retrieval. Factors influencing retention and forgetting. Theories of forgetting (Repression, Decay and Interference theories). The concept of reminiscence.

#### **UNIT V (50 marks)**

##### **a) Personality**

Concept and definition of personality. Theories of personality (psychoanalytical, socio-cognitive, interpersonal and developmental, humanistic, behaviouristic, trait and type approaches). Measurement of personality (projective tests, pencil-paper test. The Indian approach to Personality. Training for personality development.

##### **b) Attitudes, Values and Interests**

Definitions, concepts of attitudes, values and interests. Components of attitudes, values and interests. Formation and maintenance of attitudes. Measurement of attitudes, values and interests. Theories of attitudes, and attitudes changes, strategies for fostering values.

##### **c) Motivation and Emotion**

Definition and concepts. Theories and physiological basis of motivation and emotion. Measurement of motivation and emotion Motivation and emotion-their effects on behavior.

## **UNIT VI (40 marks)**

### **a) Thinking and Problem Solving**

Concept formation processes. Reasoning and problem solving. Creative thinking and fostering creativity. Information processing. Decision making and judgement.

### **b) Intelligence and Aptitude:**

Concept and definition of Intelligence and aptitude, Nature and theories of intelligence. Measurement of Intelligence and aptitude Concepts and measurement of emotional and multiple intelligence.

## **UNIT VII - Language and Communication (10 marks)**

Human language-properties, structure and linguistic hierarchy, Language acquisition-predisposition, critical period hypothesis. Theories of language development (Skinner, Chomsky), Process and types of communication. Effective communication and training.

## **UNIT VIII - Recent Trends (10 marks)**

Computer application in the Psychological laboratory and psychological testing. Artificial Intelligence. Psycho cybernetics. Study of consciousness-sleep-wake schedules; dreams, stimulus deprivation, meditation, hypnotic/drug induced states. Extrasensory perception. Inter sensory perception Simulation studies.

## **3. SOCIAL WORK**

**Total marks : 200**

**Duration : 3 hours**

### **UNIT I: MICRO SOCIAL WORK PRACTICE (20 marks)**

- a) Foundation of Social Case Work
- b) Foundation of Social Group Work
- c) Process of Case Work
- d) Theories and Models of Group Work

### **UNIT II: HUMAN RIGHTS AND SOCIAL WORK (30 marks)**

- a) Conceptual Foundations - Liberty, Equality and Social Justice, Human Rights and Social Work, Historical Development of Human Rights, Culture, Religion and Universality of Rights, Theories of Human Rights
- b) Issues and Challenges - Human Rights Based Approaches, Human Rights violations: National and Regional, Women, Children and Human Rights, Refugees and Human Rights.

### **UNIT III: SOCIAL PROBLEMS FOR SOCIAL WORK (30 marks)**

- a) Theoretical Foundation of Social Problem Social Problems - Poverty and Unemployment, Drug Use and Alcoholism, HIV/AIDS, Corruption and Nepotism, Crime and Delinquency.

### **UNIT IV: SOCIAL WELFARE MANAGEMENT (30 marks)**

- a) Foundations -Social Welfare, Social Security, and Social Service, Social Welfare Administration and Public Administration, Principles

of Social Welfare Administration, Social Welfare Administration in India, Societies, Trust and Non-profitable organisations .

- b) Administrative Processes - Classical and Contemporary theories, POSDCORB, Supervision, Training and Development, Publicity Public Relations and Networking.
- c) Financial and Office Management- Budgeting, Accounting and Auditing, Resource Mobilisation: Fundraising and Grants-in-aids, Recording and Documentation.
- d) Project Management- Project, Project Cycle, Project Formulation, Monitoring and Evaluation.

**UNIT V: SOCIAL WORK, HEALTH AND MENTAL HEALTH (30 marks)**

- a) Basic Concepts - Health, Mental Health and Public Health, Community Health and Community Mental Health, Primary Health Care, Prevention, Promotion and Rehabilitation.
- b) Health Problems - Communicable Diseases and Non-Communicable Diseases, Life Style Illnesses, Mental Illnesses and Personality Disorders, Substance Abuse, STD and HIV/AIDS.
- c) Policies and Programmes - National Health Policy 2017, National Mental Health Policy 2015, National Health Programmes, Health Care Services Delivery.
- d) Scope of Social Work in Health Settings - Psychiatric Social Work, Hospital Social Work, Community Health Social Work, Health Research.

**UNIT VI: SUBSTANCE ABUSE AND HIV/AIDS (30 marks)**

- a) Basic Concepts - Substance Use, Misuse Abuse and Addiction, Physical and Psychological Dependence, Substances Abused: Types and Challenges, HIV/AIDS: Causes and Challenges, Health and Mental Health
- b) Legislation, Policies and Programme

**UNIT VII: COUNSELLING: THEORY AND PRACTICE (20 marks)**

- a) Basic Concepts-Guidance, Counselling and Psychotherapy, Counselling Relationship, Ethical issues in Counselling, Relevance and Scope of Counselling
- b) Theoretical Frameworks - Psychodynamic, Cognitive -Behavioral, Existential -Humanistic
- c) Counselling Process - Preparatory and Beginning Stage, Middle Stage, Termination Stage, Recording
- d) Issues and Challenges - Substance Abuse, Violence Against Women, HIV/AIDS, Skills and Techniques in Counselling

**UNIT VIII: SOCIAL WORK RESEARCH (10 marks)**

- a) Qualitative and Quantitative Approaches
- b) Research Design: Components and Types
- c) Data Collection, Processing and Analysis



#### 4. SOCIOLOGY

**Total marks : 200**  
**Duration : 3hours**

**UNITI: SOCIOLOGY - THE DISCIPLINE (20 marks)**

- (a) Social conditions in Europe for the emergence of Sociology
- (b) Nature and subject matter of Sociology
- (c) Scope and theoretical perspectives of Sociology
- (d) Relations with other social science

**UNITII: SOCIOLOGICAL CONCEPTS (24 marks)**

- (a) Culture: elements, Transmission, Diffusion, Cultural lag
- (b) Socialization: Stages, agencies
- (c) Social Control: Functions, types, agencies
- (d) Social Groups: Primary, Secondary, Reference Groups

**UNITIII: MARRIAGE, FAMILY AND KINSHIP (26 marks):**

- (a) Marriage, types of marriage, functions of marriage
- (b) Family, types of family, functions of family, changing family structure
- (c) Kinship, types of kinship, rules of descent, lineage

**UNIT IV: SOCIAL STRATIFICATION AND MOBILITY (30 marks)**

- (a) Social stratification, features, determinants
- (b) Concepts- equality, inequality, hierarchy, exclusion, poverty and deprivation
- (c) Theories of social stratification, Functionalist Theory, Marxist Theory, Weberian Theory
- (d) Social mobility, open and closed systems, types of mobility,
- (e) Factors and barriers of social mobility.

**UNITV: SOCIOLOGICAL THOUGHTS (20 marks)**

- (a) Emile Durkheim- Division of labour, social fact, religion and society
- (b) Karl Marx- Historical materialism, alienation, class struggle
- (c) Max Weber-Ideal types, social action, protestant ethic and the spirit of capitalism
- (d) Talcolt Parsons- Social system, pattern variables.
- (e) Robert K. Merton- Latent and manifest functions, reference groups

**UNITVI: RESEARCH METHODS (20 marks)**

- (a) Research design
- (b) Types of research
- (c) Variables, hypothesis, sampling
- (d) Elements and steps of scientific research
- (e) Techniques of data collection
- (f) Problem of objectivity and value neutrality

## **UNIT VII :ECONOMIC, POLITICAL AND RELIGIOUS INSTITUTIONS (30 marks)**

- (a) Politics: Nation, state, democracy, civil society Sociological theories of power
- (b) Power elite, bureaucracy, pressure groups, and political parties.
- (c) Economies: Features of primitive economy, work and occupation in society
- (d) Organization of work in industrial/capitalist society
- (e) Religion: Types of religious practices - animism, monism, pluralism, sects, cults.
- (f) Religion and science, contemporary trends in religion

## **UNITVIII: SOCIAL CHANGE (30 marks)**

- (a) Social change, nature and characteristics, development, progress
- (b) Theories of social change, Evolutionary, Functional, Conflict, Cyclical
- (c) Factors of social change: Education, Science and technology, Social legislation
- (d) Resistance to social change.

### **Paper - IV**

**Optional subjects: Candidates shall make option from any one of the four subjects as Paper IV**

**Total marks : 200**

**Duration: 3 hours**

### **1. HOME SCIENCE**

#### **UNIT I : CHEMISTRY (34 marks)**

Introduction to Organic Chemistry. Definition of atom, molecule, valency, normality, morality, equivalent weight, molecular weight, empirical formula, molecular formula, chemical equation, diffusion, pH and buffer solution. Oxidation, reduction, oxidizing and reducing agents.

Detection of carbon, hydrogen, nitrogen, sulphur and phosphorus in organic compounds; Hydrocarbon – Definition, type, general properties of saturated and unsaturated hydrocarbons; Definition, structural formula, preparation, properties and uses of methane and Ethane.

Alkyl halide – Definition, structural formula, preparation, properties and uses of Methyl Iodide and Ethyl Iodide. Alcohol – definition, structural formula, preparation, properties and uses of Methyl Alcohol and Ethyl Alcohol.

Ketones and Aldehydes – Definition, structural formula, preparation, properties and uses of Acetone and Formalehyde.

Carboxylic acid – Definition, structural formula, preparation, properties and uses of Acetic acid, Oxalic acid. Hydroxy acid – Definition, structure formula, preparation, properties and uses of Tartaric acid and Citric acid.

## **UNIT II : BIOCHEMISTRY (34 marks)**

Historical background, definition and scope of Biochemistry. Carbohydrates – Definition, classification, structure, properties and biological significances of carbohydrates.

Lipids – Definition, classification and properties of lipids, saturated and unsaturated fatty acids; biological importance of lipids.

Proteins – Definition, Classification, structure, properties and functions of proteins; Classification of amino acids; essential and non-essential amino acids.

Enzymes – Definition types and classification of enzymes; definition and types of coenzyme; specification of enzyme; isozyme; factors affecting enzyme action, enzyme inhibition.

Intermediary metabolism – TCA cycle. Gluconeogenesis; glycogenesis; glycolysis; glycogenolysis; Elementary knowledge of protein biosynthesis; Nucleic acids – Types, composition, structure, properties, replication of DNA; different types of RNA and their significances. Biological oxidation – Oxidative phosphorylation, high energy compounds, structure and role of ATP.

## **UNIT III : PHYSIOLOGY (34 marks)**

Cardio vascular system – Blood and its composition, blood group; coagulation of blood; structure and functions of heart; heart rate; cardiac cycle; blood pressure and its regulation; circulation of blood; blood transfusion.

Gastro – intestinal system – Anatomy of gastrointestinal tract; digestion and absorption of foods; role of saliva, gastric juice and pancreatic juice in digestion. Reproductive system – structure and functions of male and female reproductive organs, menstrual cycle, parturition, lactation, menopause. Excretory system – structure and functions of kidney, formation of urine.

Respiratory system – Structure of Lungs; mechanism of respiration and its regulations; oxygen and carbon dioxide transport in blood; respiratory quotient. Reproductive system – Structure and functions of male and female reproductive organs menstrual cycle; parturition; lactation; menopause. Excretory system – Structure and functions of kidney; formation of Urine.

Nervous system – Structure of nerves cells, transmission of nerve, impulse through the synapse; central and peripheral nervous system. Muscular System – Structure of Skeletal, cardiac and smooth muscles; mechanism of muscle contraction; chemical change during muscle contraction.

Muscular System – structure of skeletal, cardiac and smooth muscles, mechanism of muscle contraction, chemical change during muscle contraction. Endocrine system – Various endocrine glands and their secretion in man; Biological role of hormones of different endocrine glands. Pheromones – definition, type and functions of pheromones.

#### **UNIT IV : FOOD AND NUTRITION (34 marks)**

Definition of food, nutrients, nutrition, malnutrition, optimal nutrition. Functions of food- Physiological, psychological and social functions. Food fads and fallacies, food selection, purchase and storage. Enhancing nutritional quality of food – Fermentation, fortification, germination and combination of food. Food preparation- Principles of cooking, reasons for cooking, methods of food preparation. Food Spoilage and Food preservation.

Carbohydrates –function, food sources and RDA. Protein – function, sources and RDA, essential and non essential amino acids, quality of proteins, deficiency of proteins. Lipids-function, sources and RDA, essential fatty acids; Protein – Classification, composition, function, sources and RDA.

Energy metabolism – Energy yielding food, BMR, factors affecting, BMR,RDA of energy for different categories of individual; Macro-minerals – Function, sources, RDA and deficiency of calcium and phosphorus.

Fat soluble vitamins – Function, sources, RDA and deficiency of vitamin A and Vitamin D; Water soluble vitamins – Function, sources, RDA and deficiency of thiamine, riboflavin, niacin and vitamin C.

Nutrition for adults- reference men and women, nutritional requirement, meal planning, factors to be considered while planning a balanced diet. Nutrition for expectant mothers – dietary problems, complications of pregnancy, dietary guidelines.

Nutrition for nursing mother – volume and composition of breast milk, factors affecting, nutritional requirement, dietary guidelines. Nutrition for infants – breast feeding, weaning, supplementary feeding, nutritional requirement for normal infants;

Nutrition for pre-school children ( 1- 6 years)- Nutritional requirement, food habits and factors affecting nutritional requirements. Nutrition for school going children (7 – 13 yrs) Nutritional requirement, packed lunch.

Nutrition for adolescents – nutritional problems, nutritional requirement. Geriatric nutrition – nutritional requirement, nutrition related problem of old age, modification of diet for the elderly, dietary guidelines. Nutrition for sports and athletes.

Water and electrolyte balance – Functions of water, water balance, distribution of water, composition of body fluid, sodium and potassium as an electrolyte.

## **UNIT V : DIATETICS (34 marks)**

Diet therapy – factors to be considered in planning therapeutic diets, different ways of diet modification, routine hospital diets; Special feeding methods – tube feeding and parental feeding, pre and post operative diet; Diet management in fever and infection – Types of fever, effect of fever on metabolism, diet modification, effect of infection on body mechanism, effects of infection on nutrients.

Diet in obesity and underweight – causes and dietetic management of obesity and underweight, assessment and complication of obesity; Diet in disease of cardiovascular system – atherosclerosis, hypertension; Diet in gastrointestinal disease – peptic ulcer, diarrhoea, constipation.

Diet in disease of liver – jaundice, cirrhosis of liver, hepatic coma; Diet in diabetes mellitus classification, causes, symptoms, diagnosis, complication and dietetic management; Diet in diseases of kidneys- acute and chronic glomerulonephritis, acute and chronic renal failure, renal calculi.

Diet in cancer – risk factors, changes in metabolism, nutritional problems of cancer therapy, dietary management; Role of Dieticians – Duties of Dieticians, Diet counselling.

Indicators of mother and child health care – maternal mortality rate, infant mortality rate, neonatal mortality rate, prenatal mortality rate, child survival index; Nutritional problems – low birth weight, Iodine deficiency disorders, Nutritional anaemia.

## **UNIT VI : COMMUNITY DEVELOPMENT (30 marks)**

Community development – Meaning and definitions of community development, Role of Extension in Community Development, Principles of Community Development; Types Community Development programmes.

Rural Sociology in India – Meaning and characteristics, Structure: tribe, clan, class, family; Basic Institutions :Panchayati Raj, religious institutions, schools, cooperative society.

Rural psychology : Factors Determining rural minds; Basic Principles in rural Psychology; Adult Psychology and learning: Factors in adult learning.

Lifestyles education : Meaning and categories of lifestyle behaviour, the basis of lifestyle: eating, air, water, sun, physical exercise, rest, abstinence from toxics, good mental attitudes; Nepal, Otomi Indians, the British, Mediterranean, Eskimos.

Community Nutrition : Meaning, need, objectives and importance of community Nutrition; Definition of Community Nutrition; Supplementary nutritional goals of India

## **2. PSYCHOLOGY**

### **(Issues and Applications)**

#### **UNIT I (20 marks)**

##### **Psychological Measurement of Individual Difference**

The nature of individual differences. Characteristics and construction of standardized psychological tests. Types of psychological tests. Use, misuse and limitation of psychological tests. Ethical issues in the use of psychological tests.

#### **UNIT II (36 marks)**

##### **a) Well being and Mental Disorders**

Concept of health, positive health, well being and ill health. Mental disorders (Anxiety disorders, mood disorders, schizophrenia and delusional disorders; personality disorders, substance abuse disorders). Causal factors in mental disorders. Assessment and Diagnosis: DSM- V and other tool. Factors influencing positive health, well being, life style and quality of life.

##### **b) Therapeutic Approaches**

Psychodynamic therapies. Behaviour therapies. Client centered therapy. Cognitive therapies. Indigenous therapies (Yoga, Reiki, Meditation) Biofeedback therapy. Prevention and rehabilitation of the mentally ill.

#### **UNIT III (44 marks)**

##### **a) Work Psychology and Organisational Behaviour**

Personnel selection and training. Use of Psychological tests in the industry. Training and human resource development. Theories of work motivation. Leadership and participatory management. Advertising and marketing, Stress and its Management

##### **b) Community Psychology**

Definition and concept of Community Psychology. Role of community psychologists in social change. Use of small groups in social action. Arousing community consciousness and action for handling social problems. Group decision making and leadership for social change.

##### **c) Rehabilitation Psychology**

Primary, secondary and tertiary prevention programmes - role of psychologists. Organising of services for rehabilitation of physically, mentally and socially challenged persons including old persons. Rehabilitation of persons suffering from substance abuse, juvenile delinquency, criminal behaviours. Rehabilitation of victims of violence. Rehabilitation of HIV/AIDS victims.

#### **UNIT IV (12 marks)**

##### **Application of Psychology to Educational Field**

Psychological principles underlying effective teaching-learning process ;Learning styles Gifted, retarded, learning disabled and their training. Training for improving memory and better academic achievement. Personality development and value education, Educational, vocational guidance and Career counselling. Use of Psychological tests in educational institutions.

#### **UNIT V (30 marks)**

##### **a) Application of Psychology to disadvantaged groups**

The concepts of disadvantaged, deprivation and socially deprived. Social, physical, cultural and economic consequences of disadvantaged and deprived groups. Educating and motivating the disadvantaged towards development.

##### **b) Application of Psychology in the field of Defence**

The concept of Military psychology, Aviation psychology and Psychological warfare Role of Military psychologists in the defence. Selection, recruitment and training of personnel. Facilitating the process of adjustment of personnel to military life-Role of Counselling. Devising Psychological tests for defence personnel. Psychological disorders due to war. Human engineering in Defence.

##### **c) Application of psychology in Information Technology and Mass media**

The present scenario of information technology and the mass media boom and the role of psychologists. Selection and training of psychology professionals to work in the field of IT and mass media. Distance learning through IT and mass media. Entrepreneurship through ecommerce. Multilevel marketing. Impact of TV and fostering value through IT and mass media. Psychological consequences of recent developments in Information Technology.

#### **UNIT VI (16 marks)**

##### **Psychological and the problem of social integration**

The concept of social integration. The problem of caste, class, religion and language conflicts and prejudice. Nature and manifestation of prejudice between the in-group and out-group. Casual factors of such conflicts and prejudices. Psychological strategies for handling the conflicts and prejudices. Measures to achieve social integration.

#### **UNIT VII (14 marks)**

##### **Psychology and Economic development**

Achievement motivation ad economic development. Characteristics of entrepreneurial behaviour. Motivating and Training people for entrepreneurship and economic development. Women Entrepreneurs. Consumer rights and consumer courts.

### **UNIT VIII (28 marks)**

#### **a) Application of Psychology to environment and related fields**

Environmental Psychology-effects of noise, pollution and crowding. Population psychology- psychological consequences of population explosion and high population density. Motivating for small family norms. Impact of rapid scientific and technological growth on degradation of environment.

#### **b) Other applications of Psychology**

Counselling Psychology - group counselling, family and marital counselling, counselling the socially disadvantaged. Sports psychology improving performance of sports personnel, psychology and understanding of political behaviour. Voting behaviours. Psychology of corruption and strategies to deal with Psychology of terrorism.

### **3. SOCIAL WORK**

**Total marks : 200**

**Duration: 3 hours**

#### **UNIT I : SOCIAL DEVELOPMENT (20 Marks)**

- a) Basic Concepts - Social Change, Economic Growth and Development, Human Development, Social Development: Goals and Processes.
- b) Social Development in India - India's Development Experience, Poverty and Inequality, Social Exclusion, Population and Development.

#### **UNIT II : DISASTER MANAGEMENT (20 Marks)**

- a) Basic Concept - Disaster: Concept, Types of Disaster, Vulnerability and Risk Preparedness
- b) Disaster Management - Spatial, Physical, Economic and Psychosocial Impacts, Concept of Disaster Management, Rescue, Relief and Rehabilitation, Mechanisms: INGOs, GOs and NGOs.

#### **UNIT III: INTERNATIONAL SOCIAL WORK (20 Marks)**

- a) Foundations - Global and Local, Global Spread and Organization of Social Work, Universalization and Indigenization, International Social Work : Concept and Goals, International Social Work Values.
- b) Global Social Problem Context.
- c) Global Challenges and Social Work Responses - Global Poverty and Inequality, Displacement and Forced Migration, Pandemics and Epidemics.

#### **UNIT IV: ECOLOGY AND SOCIAL WORK (20 Marks)**

- a) Basic Concepts - Ecology and Environment, Environment and Development, Sustainable Development, Globalisation and Environment, Green Social Work
- b) Environmental Challenges - Global, National, Regional and Local Environmental Issues, Environmental Pollution: Land, Water, Air, and Noise, Natural Resource Management, Social Forestry and Joint Forest Management.
- c) Environmental Movements - National and Regional Initiatives, Voluntary Action
- d) Environmental Legislation and Policy - Environment and Human Rights Perspective, Government Policies and Programmes, Advocacy and Social Action.

**Candidates will be given options to choose elective subjects A (Unit V, VI, VII & VIII) or B (Unit IX, X, XI & XII).**



**A. COMMUNITY DEVELOPMENT - Community Development, Tribal Development, Rural Development and Urban Development**

**UNIT V: COMMUNITY DEVELOPMENT (30 Marks)**

- a) Models and Theories - Goals and Purposes of Community Work, Models of Community Practice, Components of Community Work, Politics, Ideology and Community Work, Theories of Community Work.
- b) Social Action and Advocacy - Social Action and Advocacy, Principles of Social Action, Indian Models of Social Action, Methods and Strategies.
- c) Theoretical Foundations - Community Development and Community Economic Development, Community and Well-being, Functionalist and Conflict Theories, Rational Choice Theory, Communicative action theory.
- d) Approaches and Models - Asset-based community development, Social capital and community building, Community Development Practice, Radical Approaches to Community Development.
- e) Community Development Process - Community Development Assessment and Profiling, Community asset mapping and surveys, Community visioning and strategic planning, Developing community leadership skills.
- f) Community Development Strategies and Techniques - Neighborhood planning, Community development finance, securing grants for projects, Entrepreneurship, Measuring Progress in community development.

**UNIT VI: TRIBAL DEVELOPMENT (30 Marks)**

- a) Tribal Social Structure - Concept of Tribe, Geographic Distribution of Tribes in India, Social Organisation and Social Structure, Family, Marriage and Kinship, Religion and Economic Organisation.
- b) Social Change and Movements - Factors and Process of Social Change in Tribal Societies, Socio Economic Problems: Poverty, Indebtedness and Bonded Labour, Tribal Revolts, Tribal Movements.
- c) Tribal Policy and Development - Tribal Welfare, Development and Empowerment, Tribal Policy: Policy of Isolation to Integration, Forest Policy, Five Year Plans and Tribal Development, Tribal Welfare and Development Programmes.
- d) Tribal Development Administration - Tribal Development Administration in India, Traditional Institutions and Development, Panchayati Raj and Tribal Development, Tribal Arts, Crafts and Development, NGOs Missionaries and Tribal Development

**UNIT VII: RURAL DEVELOPMENT (30 Marks)**

- a) Rural Social Structure - Concept of Rural Community, Village as a Community, Patterns of Rural Settlements, Rural Social Institutions, Class and Power Structure, Factors and Process of Social Change.
- b) Rural Social Problems: Poverty, Unemployment and Agrarian Distress
- c) Rural Development Approaches and Strategies - Modernisation to Livelihood Promotion, Gandhian Approach to Rural Development, Communication,

Extension Education and Rural Development, Rural Technology and Development, Organic Farming and Rural Development.

- d) Rural Development Programmes and Experiences - Rural Development Programmes and Administration, Democratic Decentralisation, Panchayati Raj and Rural Development, Cooperatives, Self-Help Groups and NGOs, Water Harvesting and Renewable Energy, Low Cost Housing and Sanitation.

**UNIT VIII: URBAN DEVELOPMENT (30 Marks)**

- a) Urbanisation - Urban Growth, Urbanisation and Urbanism, Urbanisation in India: Trends, Patterns and Processes, Migration, Urbanisation and Urban Involution, Urban Ecology and Models of Urban Growth.
- b) Urban Social Structure and Dynamics - Urban Community and Neighbourhood: Space, Social Structure and Culture, Economic Structure of Urban Areas : Formal and Informal Sectors, Family and Kinship in Urban Areas.
- c) Urban Challenges and Public Responses - Urban Poverty, Livelihood Promotion and Poverty Eradication, Urban Housing, Basic Services and Infrastructure, Cleanliness, Sanitation, Water Supply and Solid Waste Management.
- d) Urban Development Policy and Administration - Urban Community Development(UCD) and Urban Development, Models of Urban Community Development, Urban Policy and Town Planning, Urban Development Programmes and Administration, Nagarpalikas, Urban Development Authorities and Urban Development.

**OR**

**B. FAMILY & CHILD WELFARE - Social Work with Family, Social Work with Children, Social Work with Youth, Women and Development.**

**UNIT IX: SOCIAL WORK WITH FAMILY (30 Marks)**

- a) Basic Concepts - Family and Marriage, Family life cycle and Family life span, Alternate Forms of Families, Families in Crisis and at Risk, Family in Mizo Society.
- b) Theoretical Frameworks - Social Systems Theory, Structural Functional, Social Exchange Theory, Family Circumflex Model, MC Master Model of Family Functioning (MMFF).
- c) Family-Centered Social Work-Family Assessment, Family Resilience, Family Strengths, Research on Families.
- d) Family Interventions - Family Counselling, Family Therapy, Family Courts, Family Advocacy.

**UNIT X: SOCIAL WORK WITH CHILDREN (30 Marks)**

- a) Conceptual Foundations - Concept and Definition of Child, Perspectives and Understanding on Child across Cultures, Risks, Needs and Vulnerabilities, Child Welfare and Child Development: Historical Development, Child Demography: International and National Scenario.

- b) Child Growth and Development - Concept of Growth and Development, Stages of Growth and Development: Theories and Perspectives, Hereditary and Environment, Child Psychology.
- c) Issues and Challenges of Children - Nutritional Deficiencies, Behavioral Problems, Disability, Child Abuse and Neglect.
- d) Child Welfare, Rights and Protection - Child Rights and Protection: Historical Development, Policies, Legislations and Programmes: International and National, Mechanisms for Child Protection: Government and Non-Government, Roles of a Social Worker across settings: Application of Methods of Practice.

**UNIT XI: SOCIAL WORK WITH YOUTH (30 Marks)**

- a) Basic Concepts - Concepts of Youth and Youth Welfare, Youth Development and Empowerment, Classification of Youth, Demographic Profile of Youth in India.
- b) Challenges of Youth, Youth and Culture, Youth, Media and Recreation, Youth, Education and Employment, Youth and Deviance.
- c) Policy and Programmes - National Youth Policy 2014, Programmes for Student Youth, Programmes for Non-student Youth, Programmes for Tribal Youth.
- d) Models and Approaches - Concept and Principles of Youth work. Process of Youth Work, Models of Youth Work, Youth in Community Development.

**UNITX II: WOMEN AND DEVELOPMENT (30 Marks)**

- a) Basic Concepts - Sex, and Gender, Sexuality and Gender Identity, Charity, Welfare, Development and Empowerment of Women, Patriarchy, Gender Justice: WID and WAD
- b) Feminist Discourses - Women's Movements – International and National, Liberal, and Radical, Christian Feminism, Eco Feminism and Post-Modernist Feminism, Women Centred Social Work
- c) Issues and Concerns - Demographic Status of Women, Violence Against Women, Women and Politics, Women and Work, Women and Health.
- d) Legislations, Policies and Programmes – Legislation, Policies on Women: National and International, Programmes and services for Women, Institutions for women: GOs and NGOs, Mechanisms for Gender Justice.

**4. SOCIOLOGY**

**UNIT I (20 marks)**

**PERSPECTIVES ON INDIAN SOCIETY:**

- (a) Ideology: GS. Ghurye's perspectives on the study of Indian society
- (b) Marxist Sociology: A R Desai's view on the relevance of Marxist Sociology in India
- (c) Social background of Indian nationalism.
- (d) Modernization of Indian tradition.
- (c) Social reforms

**UNIT II (26 marks)**

**RURAL AND AGRARIAN SECTORS:**

*26 marks*

- (a) The idea of Indian village and village studies
- (b) Land tenure system before independence
- (c) Land reforms after independence

- (d) Development planning and mixed economy
- (e) Green Revolution
- (f) Programmes for rural development
- (g) Community Development Programme
- (h) Recent schemes for poverty alleviation

**UNIT III (30 marks)**

**TRIBAL COMMUNITIES IN INDIA (30 marks)**

- (a) Definitional Problems
- (b) Features
- (c) Geographical distribution
- (d) Colonial politics and tribes
- (e) Issues of integration and autonomy
- (f) Tribal Welfare Programmes and Constitutional Safeguards

**UNIT IV (20 marks)**

**CASTE AND CLASSES IN INDIA**

- (a) Features of Caste System
- (b) Untouchability - forms and perspectives
- (c) Changes in the Caste System
- (d) Agrarian class structure
- (e) Industrial class structure
- (f) Middle classes in India

**UNIT V (30 marks)**

**POPULATION DYNAMICS AND URBANIZATION**

- (a) Population size, growth, composition and distribution, literacy, density, longevity.
- (b) Components of population growth: birth, death, migration.
- (c) Population policy and family planning.
- (d) Emerging issues: ageing, sex ratios, child and infant mortality, reproductive health.
- (e) Urbanization, factors of urbanization, rural-urban continuum and contrast

**UNIT VI (20 marks)**

**SOCIAL MOVEMENTS IN MODERN INDIA**

- (a) Characteristics and types of social movements
- (b) Peasant movements (c) Women movements
- (d) Backward classes movements
- (e) Ethnic movements

**UNIT VII (20 marks)**

**RELIGION AND SOCIETY**

- (a) Religious communities in India
- (b) Problems of religious minorities
- (c) Communalism
- (d) Secularism

**UNIT VIII (34 marks)**

**CHALLENGES TO INDIAN SOCIETY**

- (a) Caste conflicts
- (b) Violence against women
- (c) Poverty
- (d) Illiteracy
- (e) Bonded labour
- (f) Regionalism
- (g) Corruption
- (h) Child labour

**Sd/-MADHUP VYAS**

Commissioner & Secretary to the Govt. of Mizoram  
Social Welfare & Tribal Affairs Department

**Memo No. A.11012/38/2019-SWD : Dated Aizawl the 1<sup>st</sup> March, 2023**

Copy to:

1. Secretary to Governor, Mizoram
2. Sr. PPS to Chief Minister, Government of Mizoram
3. All Administrative Departments, Mizoram
4. All Heads of Departments / Deputy Commissioners, Mizoram
5. The Controller, Printing & Stationery Department with 6(six) copies for publication in the Mizoram gazette.
6. Director, Social Welfare & Tribal Affairs, Mizoram
7. Guard File

**(LALRIMAWII HMAR)**

Under Secretary to the Govt. of Mizoram  
Social Welfare & Tribal Affairs Department