

MIZORAM PUBLIC SERVICE COMMISSION
COMPETITIVE EXAMINATIONS FOR
DISTRICT SOCIAL WELFARE OFFICER (DSWO)
UNDER SOCIAL WELFARE & TRIBAL AFFAIRS DEPARTMENT,
GOVERNMENT OF MIZORAM, AUGUST-2023
PAPER-III (HOME SCIENCE)

Time Allowed : 3 hours

FM : 200

SECTION - A (Multiple Choice questions) (100 Marks)

All questions carry equal marks of 2 each. Attempt all questions.

*This Section should be answered only on the **OMR Response Sheet** provided.*

1. A fundamental factor of the child's early social development is
 - (a) His physical status
 - (b) His social interactions
 - (c) His inherited characteristics
 - (d) His mental condition
2. Which of the following is important as it directly affects all other aspects of development
 - (a) Social development
 - (b) Cognitive development
 - (c) Motor development
 - (d) Mental development
3. The challenges that directly benefits the empowerment of women in India is
 - (a) Education
 - (b) Health
 - (c) Immunization
 - (d) Equality
4. Given opportunities and experiences, a child _____ will learn and perform at his/her best.
 - (a) Physically handicapped
 - (b) Educationally backward
 - (c) Socially retarded
 - (d) Mentally retarded
5. The term egocentrism means that children
 - (a) Are concerned only with getting what they want
 - (b) Perceive the world from their own perspective
 - (c) Think a round about manner
 - (d) Are concerned about their ego
6. Permissive parents will allow their child to explore and investigate freely encouraging and rewarding his curiosity and independent behavior . Their offspring will be
 - (a) Compliant
 - (b) Competent
 - (c) Outgoing
 - (d) Protected
7. Which support services is taken up by the Central Social Welfare Board for children of working and ailing mother
 - (a) Shelter homes
 - (b) Creches
 - (c) Family Counselling Centre
 - (d) Short stay home
8. The direction in which development takes place in children is
 - (a) From top to bottom
 - (b) From outside to centre
 - (c) From smaller muscle to larger muscle
 - (d) Differently for different children

9. The fluid that protects the foetus from shocks changes in temperature and sound is known as
(a) Umbilical cord (b) Amniotic sac
(c) Placenta (d) Pouches
10. Any work that deprive children of their childhood refers to
(a) Juvenile (b) Giftedness
(c) Adoption (d) Child labour
11. The beneficiaries of Supplementary Nutrition in ICDS are
(a) Pregnant, lactating mother and children below 6 years
(b) Pregnant women and children below 5 years
(c) Pregnant, lactating mother and children below 4 years
(d) Pregnant women and lactating mother
12. Growth refers to
(a) Qualitative change (b) Quantitative change
(c) Changes in height (d) Both (a) and (b)
13. One of the following is called for when conditions have changed or a problem has risen.
(a) Planning (b) Decision making
(c) Directing (d) Management
14. Which of the following factor affect the management of resources
(a) Socio-economic status (b) Usefulness
(c) Housing (d) Consumerism
15. It is a conscious seeking of the simplest, easiest and quickest way of doing any task
(a) Motion mindedness (b) Work simplification
(c) Management (d) Dovetailing
16. Time that is free from the demands of work or duty is termed
(a) Rest period (b) Leisure
(c) Sleep debt (d) Sleep
17. The term ‘ _____ ’ means “refraining from spending for consumption needs.”
(a) Savings (b) Investments
(c) Account keeping (d) Budgeting
18. Demands for energy is heaviest in
(a) The beginning family (b) The expanding family
(c) The contracting family (d) The vocational period
19. A vegetable garden which is directly consumed by the family may provide
(a) Money Income (b) Psychic income
(c) Real income (d) Realized income
20. Home Management is a mental process of utilizing available
(a) Money (b) Resources
(c) Time (d) Income

21. One of the following is a motivating factor in human behavior
- (a) Goals (b) Values
(c) Standards (d) Philosophy
22. Extension with a system of University extension was taken up first by
- (a) London University (b) Stanford University
(c) Princeton University (d) Oxford and Cambridge University
23. While planning an extension education programmes, the following points to be considered,
- (a) Place (b) Weather
(c) Environment (d) Income
24. A study which concerns about time, money, energy and space management is
- (a) Food and Nutrition (b) Family Resource Management
(c) Community Nutrition (d) Extension Education
25. One of the important curriculum planning and development of extension education is
- (a) Change in knowledge of rural people (b) Teach about kitchen gardening
(c) To prepare individual for self-employment (d) To show their talent
26. This is a disorder during pregnancy and consist of fluid retention, rise in blood pressure and albumin in urine.
- (a) Toxemia (b) Hyperemesis
(c) Haemorrhoids (d) Aerophagy
27. The period of most rapid growth and the most difficult period comes at
- (a) birth (b) Adolescence
(c) early childhood (d) childhood
28. The protection of women from Domestic violence Act was passed in
- (a) 2000 (b) 2001
(c) 1998 (d) 2005
29. Period of Embryo consists
- (a) before conception (b) end of second week to 2nd lunar month
(c) end of second lunar month to birth (d) conception to end of 2nd week
30. The term exceptional children is applied to children who when compared to normal children show difference in _____ factors.
- (a) emotional (b) social
(c) physical (d) mental
31. Those children who have a physical defect or deformity causing interference with normal functioning of bones, muscles and joints are called
- (a) physically handicapped (b) orthopaedically handicapped
(c) hard of hearing (d) partially sighted
32. Language and pronunciation are acquired by the child through
- (a) suggestion (b) imitation
(c) identification (d) familiarity

33. It is the term used for children who have reading abilities.
- (a) Dyslexia (b) Depression disorder
(c) Autism (d) FED
34. Central Social Welfare Board was set up in
- (a) July 1964 (b) August 1953
(c) December 1950 (d) May 1962
35. Anorexia Nervosa refers to
- (a) victims of failures (b) extreme starvation
(c) feeling of sadness (d) antisocial behaviour
36. It is the process of passing on of characteristics from parents to their offsprings
- (a) Heredity (b) Genes
(c) Traits (d) Aptitudes
37. In Energy management which factor is activated by rest period
- (a) Interest (b) Time
(c) Fatigue (d) Work pattern
38. The unit of a society is the
- (a) locality (b) family
(c) village (d) culture
39. It is used in making a more detailed study of some particular part of process
- (a) Operation chart (b) position
(c) process chart (d) cyclegraph
40. Money as a non-human resource can be in the form of
- (a) asset (b) savings
(c) wages (d) All of the above
41. They are both human and non-human resources
- (a) Time and Energy (b) Time and money
(c) Common facilities and time (d) Material goods and money
42. Management in the home is
- (a) performance of work (b) responsibility of the head of family
(c) means of achieving family goals (d) the use of family resources
43. The first step in phases of Extension Education is
- (a) responses (b) analysing situations
(c) collection of data (d) satisfaction
44. Extension Education uses information obtained and assembled from
- (a) local council of villages (b) situation of villages
(c) extension workers (d) research studies
45. For succesful communication the reciever must be able to firstly
- (a) accept (b) be convinced
(c) understand (d) intterpret

46. Method demonstration is the _____ form of teaching
(a) youngest (b) oldest
(c) simplest (d) longest
47. Folk Media are _____ institutions transmitting values
(a) religious (b) cultural
(c) formal (d) local
48. Home Science Extension extends technical knowledge to _____ in rural and urban areas
(a) employed mothers (b) adolescence
(c) farm wives (d) children
49. In a non-formal educational programme the syllabus is based on
(a) standardised course extent (b) expertise on the trainers
(c) need of the learners (d) needs of the organisation
50. Flannelgraph can be designated as
(a) charts (b) graphs
(c) picture drama (d) posters

SECTION - B (Short answer type question) (100 Marks)

Marks for each question is indicated against it.

Attempt all questions.

*This Section should be answered only on the **Answer Sheet** provided.*

1. Define family. What are the functions of family? Explain the types of family. (2+4+4=10)

2. Discuss the following: (4×2.5=10)

- (a) Importance of home management (b) Energy as a resource
(c) Leisure time (d) Peak load

3. Write notes on Stress and depression among adolescence. (10)

OR

Explain the physical changes and health problems in late adulthood. (10)

4. Define the concept of child welfare services, describe some of the Welfare services. (2+8=10)

OR

What is the meaning of 'extension education'? Write the importance and scope of extension education. (2+8=10)

5. Write the objectives and the services offered in ICDS. (10)

6. Explain the role of home science extension in rural development. (10)

7. Define Early Adulthood. What are the responsibilities and adjustments that has to be faced and made in Early Adulthood? (5+15=20)

OR

What is Play in early childhood education? Write down the importance, and factors affecting Play. (5+5+10=20)

8. Define Home Management. What are the management processes related to home management? (5+15=20)

OR

Explain Women Empowerment. Write down in detail the nature, reasons and policy of Women Empowerment. (5+15=20)