

OPSC

HOME SCIENCE OPTIONAL

FOUNDATION BATCH

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12th February 2026

Master Home Science for Odisha PSC with StudyIQ

Achieve Your Odisha PSC Success with Home Science:

Home Science is an ideal subject for candidates looking for a mix of theory and practical knowledge. At StudyIQ, we understand the intricacies of the Odisha PSC exam and have designed a comprehensive **Home Science Optional Comprehensive Course** to help you navigate through the syllabus effectively. This course is crafted to provide in-depth knowledge, expert guidance, and personalized mentorship to ensure that you're fully prepared for the exam.

With over 110+ hours of live lectures, a structured approach, and targeted exam strategies, StudyIQ offers you a pathway to achieve success in the **Odisha PSC exam**.



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What the Course Offers

1. 110+ Hours of Live, Interactive Lectures: _____

- Over 110+ hours of live sessions spread over 3 months.
- Thorough coverage of the entire Home Science syllabus for Odisha PSC.
- Real-time interaction with expert faculty to clarify doubts during live classes.

2. Comprehensive Syllabus Coverage: _____

- In-depth exploration of all key topics like nutrition, child development, textiles, family welfare, and more.
- The course is designed to cover the entire syllabus, ensuring no important topic is missed.
- Odisha-specific examples included to make your preparation more relevant and contextual.

3. High-Quality, Exam-Focused Study Materials: _____

- Concise and comprehensive study materials that are easy to understand.
- Lecture notes aligned with the Odisha PSC syllabus.
- Additional resources that help with conceptual clarity and better retention.

4. Detailed Previous Year Questions (PYQs) Discussions: _____

- Focused discussions on previous year's questions (PYQs) to help you identify important topics.
- Learn how to approach PYQs, understand recurring trends, and gain insights into the exam pattern.
- Develop effective strategies for answering exam questions.

5. Homescience latest developments Updates: _____

- Stay updated with the latest developments in the field of Home Science.

6. Weekly Doubt-Clearing Sessions: _____

- Weekly doubt-clearing sessions with faculty to ensure all your queries are addressed.
- One-on-one interaction with the faculty to resolve doubts on any topic.
- Opportunity to clarify doubts during live lectures and after classes..

7. Access to Recorded Lectures: _____

- In case you miss a live session, recorded videos will be available on the StudyIQ App.
- Unlimited access to these videos to revise and reinforce your learning at your convenience.
- Watch the sessions as many times as needed for better retention.

8. Exclusive Access to lecture pdfs: _____

- All lecture handouts will be available for download on the StudyIQ App and website.
- Easy access to materials anytime and anywhere, making it easy to study on the go.

9. Exam Strategy and Time Management Tips: _____

- Learn proven exam strategies to tackle difficult questions efficiently.
- Time management tips to ensure you can complete the exam within the allotted time.
- Focus on improving answer presentation and structure to make your responses more impactful.



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Schedule

Classes Timing : 8:00AM - 9:30AM

Date	Day	Topics of Home Science Optional
12 Feb, 2026	Thursday	Introduction to Homescience , PYQ Analysis ,Tips and Techniques
13 Feb, 2026	Friday	Study of Food - Cereals, Pulses, Vegetables and Fruits
16 Feb, 2026	Monday	Study of Food - Fleshy foods , Milk & Milk products, Fats and oils.
17 Feb, 2026	Tuesday	Study of Food - PYQ Analysis
25 Feb, 2026	Wednesday	Study of Nutrients : Proteins, Fats, Carbohydrates
27 Feb, 2026	Friday	Study of Nutrients : Minerals, Vitamins, Water and Roughages.
28 Feb, 2026	Saturday	Study of Nutrients : PYQ Analysis
6 Mar, 2026	Friday	Utilisation of Food : Basal Metabolic Rate (BMR) , Total energy requirement (TER)
7 Mar, 2026	Saturday	Utilisation of Food : Digestion, absorption and metabolism of Proteins, Fat and Carbohydrates
10 Mar, 2026	Tuesday	Utilisation of Food - PYQ Analysis
11 Mar, 2026	Wednesday	Therapeutic Nutrition :Therapeutic adoption , Planning , Diabetes, Nephritis,
12 Mar, 2026	Thursday	Therapeutic Nutrition : Peptic ulcer, Hypertension, Atherosclerosis, Liver Cirrhosis and hepatitis.
13 Mar, 2026	Friday	Therapeutic Nutrition : PYQ Analysis
17 Mar, 2026	Tuesday	Food spoilage : Food contamination. Food adulteration and Food poisoning
18 Mar, 2026	Wednesday	Food spoilage : (Codex Alimentarius, Bureau of Indian standards(BIS) FPO, Ag mark, ISI).
19 Mar, 2026	Thursday	Food spoilage : PYQ Analysis
24 Mar, 2026	Tuesday	Malnutrition : Causes and effect of malnutrition , National development
25 Mar, 2026	Wednesday	Malnutrition : Role of ICDS, WHO, UNICEF, NIN, NFI, CFTRI, FTRI, NNMB
26 Mar, 2026	Thursday	Malnutrition : PYQ Analysis



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Date	Day	Topics of Home Science Optional
6 Apr, 2026	Monday	Development of children : Speech development, Social development
7 Apr, 2026	Tuesday	Basis of human development : How life begins , Genetic and environment
8 Apr, 2026	Wednesday	Basis of human development :Pre-natal growth and development.
9 Apr, 2026	Thursday	Development of children : Physical and Motor development
10 Apr, 2026	Friday	Development of children : Intellectual development , Emotional Development
16 Apr, 2026	Thursday	Development of children : Personality development
17 Apr, 2026	Friday	Development of children : PYQ Analysis
18 Apr, 2026	Saturday	Exceptional Children: Meaning, Classification , Management and care of Gifted Childrens
21 Apr, 2026	Tuesday	Exceptional Children: Mentally and Physically challenged and Sensory impaired children
22 Apr, 2026	Wednesday	Exceptional Children: PYQ Analysis
23 Apr, 2026	Thursday	Adolescent Development: Physical , Sexual Social development
24 Apr, 2026	Friday	Adolescent Development: Emotional changes , Personality development and Family relationships
28 Apr, 2026	Tuesday	Adolescent Development: PYQ Analysis
29 Apr, 2026	Wednesday	Family life cycle: Significance, stages and developmental task and problems
30 Apr, 2026	Thursday	Family life cycle: Marital problems, Financial, Sickness, Accidents, Dowry, Divorce, Old age, Employed Women.
5 May, 2026	Tuesday	Family life cycle: PYQ Analysis
6 May, 2026	Wednesday	Management of family Resources : Time management
7 May, 2026	Thursday	Management of family Resources : Energy management , work simplification techniques
8 May, 2026	Friday	Management of family Resources : PYQ Analysis
12 May, 2026	Tuesday	Money management : Budgeting, saving and investing, Supplementing family income.
13 May, 2026	Wednesday	Money management : PYQ Analysis
14 May, 2026	Thursday	Housing and Interior decoration : Selection of site, house layout, floor plans , space distribution
15 May, 2026	Friday	Housing and Interior decoration : Furnishing : types , wall treatment, floor treatment



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Classes Timing : 8:00AM - 9:30AM

Date	Day	Topics of Home Science Optional
19 May, 2026	Tuesday	Housing and Interior decoration : Interior Designing
20 May, 2026	Wednesday	Housing and Interior decoration : PYQ Analysis
21 May, 2026	Thursday	Textile fibers : Classification , Cotton, Wool
22 May, 2026	Friday	Textile fibers : Silk, Rayon, Acrylic, Polyester
29 May, 2026	Friday	Fiber to Fabric : Yarn making process, Types
30 May, 2026	Saturday	Weaving , parts of loom , Fabric finishes
2 Jun, 2026	Tuesday	Fiber to Fabric : Different dyeing and printing methods.
3 Jun, 2026	Wednesday	Wardrobe Planning : Colour combination , Criteria
4 Jun, 2026	Thursday	Wardrobe Planning : PYQ Analysis
5 Jun, 2026	Friday	Extension Education : Concept, philosophy, objectives and scope
6 Jun, 2026	Saturday	Extension Education : Home-Science Extension Education.
9 Jun, 2026	Tuesday	Extension Education & Development : Objectives , Development aspects
12 Jun, 2026	Friday	Extension Education & Development : Programme and process, Field covered, financing, planning and characteristic
17 Jun, 2026	Wednesday	Extension Education & Development : PYQ Analysis
18 Jun, 2026	Thursday	Programme planning : Meaning, nature, principle and scope
19 Jun, 2026	Friday	Programme planning : Characteristic . Evaluation , PYQ Analysis
20 Jun, 2026	Saturday	Communication in Extension : Importance, elements of Communication, Communication process
23 Jun, 2026	Tuesday	Communication in Extension : Communication models, scope and purpose
24 Jun, 2026	Wednesday	Communication in Extension : PYQ Analysis
25 Jun, 2026	Thursday	Community Development : Concept, scope, principles and limitation , Subject matter
30 Jun, 2026	Tuesday	Community Development : Programmes - objectives, principles and types Role of Panchayati Raj, Village Schools, Cooperatives
1 Jul, 2026	Wednesday	Community Development : Role of Mahila mandals, Youth and farmers club, Self help Groups, Government and non-Governmental agencies in Extension programmes. Community Development : PYQ Analysis



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Date	Day	Topics of Home Science Optional
2 Jul, 2026	Thursday	Community Development : PYQ Analysis
3 Jul, 2026	Friday	Teaching & Learning in extension : Education, extension teaching methods, classification and selection of appropriate method,
4 Jul, 2026	Saturday	Teaching & Learning in extension : : Different methods of teaching (mass, group, individual) Audiovisual aids
7 Jul, 2026	Tuesday	Teaching & Learning in extension : PYQ Analysis
14 Jul, 2026	Tuesday	Homescience Paper 1 - Section A - Doubt & PYQ Analysis
18 Jul, 2026	Saturday	Homescience Paper 1 - Section B - Doubt & PYQ Analysis
21 Jul, 2026	Tuesday	Homescience Paper 2 - Section A - Doubt & PYQ Analysis
23 Jul, 2026	Thursday	Homescience Paper 2 - Section A - Doubt & PYQ Analysis
28 Jul, 2026	Tuesday	Homescience Paper 2 - Section B - Doubt & PYQ Analysis



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Who Should Join?

This course is ideal for:

- ▶ OPSC aspirants with Home Science as their optional subject.
- ▶ Candidates looking for a focused, result-oriented course.
- ▶ Students aiming to gain conceptual clarity and improve answer-writing skills.

Key Course Features at a Glance

- ▶ **Duration:** 6 Months
- ▶ **Mode:** Online Live Sessions
- ▶ **Includes:** Lecture Notes, PYQs, Current Affairs Updates, and Recorded Classes
- ▶ **Special Focus:** Odisha-specific examples and localized content

What Makes StudyIQ Unique?

- ▶ **Localized Relevance:** Odisha-specific examples to enhance your answers.
- ▶ **Expert Faculty:** Highly experienced educators with proven results.
- ▶ **Result-Oriented Approach:** A step-by-step plan to maximize your score.
- ▶ **Proven Track Record:** Trusted by thousands of successful PSC Candidates.



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Your Path to Success Starts Here

StudyIQ's Home Science Optional Comprehensive Course is more than just a course; it's your personalized guide to acing the OPSC exam. With our expert support, structured learning, and result-oriented strategies, you'll be equipped to approach your exam with confidence.

**"Your Success, Our Mission :
Study Smarter with StudyIQ !**



FAQs:

1. When does the course begin?

The course starts on 12th Feb, 2026 for Odisha PSC Mains aspirants.

2. What is the duration of the Home Science Optional Course?

The course spans 6 months, offering over 110+ hours of live, interactive lectures to thoroughly cover the entire Home Science Optional syllabus.

3. Is the course suitable for beginners?

Yes, the course is designed to cater to both beginners and those who have already started their preparation. It simplifies complex topics and helps build a strong foundation.

4. Will I get study material?

Yes, we provide comprehensive, exam-focused lecture notes that are concise and easy to understand.

5. How are the live lectures conducted?

The live lectures are conducted online in an interactive format, allowing you to ask questions in real-time. You can participate in discussions and receive immediate clarification on doubts.

6. Will there be doubt-clearing sessions?

Yes, we conduct weekly doubt-clearing sessions to address individual queries. You can ask questions during live classes or in these dedicated sessions with faculty.



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7. Can I access the lectures after the course ends?

Yes, you will have unlimited access to recorded lectures, enabling you to revise at your convenience and revisit any content you may have missed.

8. How are the previous year questions (PYQs) covered?

We focus on detailed PYQ discussions, breaking down questions from previous OPSC exams, identifying recurring themes, and analyzing trends. You'll also learn strategies for answering these questions effectively.

9. Where can students find recorded videos?

Students can find recorded videos on the StudyIQ App in the enrolled course (My Library). The student can watch the recorded videos any number of times as per their convenience.

10. Where can the student find the lecture handouts?

The lecture handouts will be available on the StudyIQ App and Website.

11. How do I enroll in the course?

Enrollment is easy! You can contact us directly through the provided contact details or visit our website or app. As seats are limited, we recommend enrolling early to secure your spot.



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Our Faculty



Purusottam Mishra Sir

CSAT,General Studies,Polity,Essay,Home Science Optional

- ▶ Experienced Mentor & Faculty - CSAT,General Studies, Polity,Essay,Home Science Optional
- ▶ 7+ Years Experience in in both Online & Offline Teaching
- ▶ Mentored thousands of students for OPSC,OSSC, OSSS-C,Banking,SSC & other Government exams.
- ▶ Cleared OPSC OCS,ASO & many other government exams and author of many competitive exam books.

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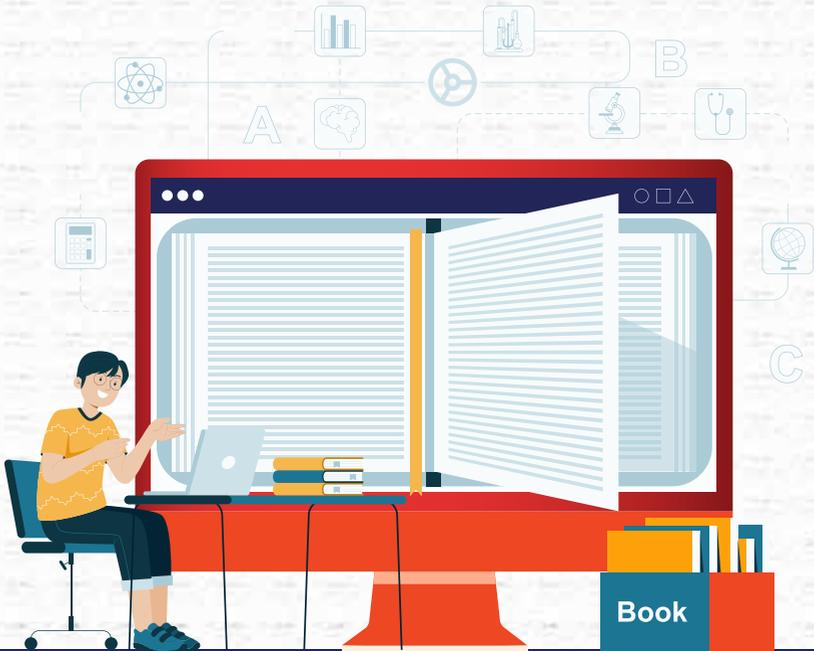
Our Prices



Price: ~~₹34,999~~



₹10,999



Book