

**UNIVERSITY OF JAMMU**

**REVISED SYLLABI AND COURSES OF  
STUDY FOR M.Sc. HOME SCIENCE  
(Human Development) CBCS  
(2021-2024)**

*Handwritten mark*

**MDP Home Science (Human Development) First Semester  
Core Course**  
Syllabus for the examination to be conducted in Dec 2021, 2022 and 2023

Course Code	Subject	Maximum Marks		Credits	Duration of Examination
		University Examination	Internal Assessment		
PSHSTC 113	Theories of Human Development	80	20	4	3 hrs
PSHSTC 121	Methods and techniques of Studying Human Development	80	20	4	3 hrs
PSHSTC 122	Life Span Development Issues & concerns	80	20	4	3 hrs
PSHSTC 123	Early Childhood Care, Education and Development	80	20	4	3 hrs
PSHSPC 124	Practicals	75	75	6	4 hrs

**MDP Home Science (Human Development) First Semester  
Core Course  
Syllabus for the examination to be conducted in Dec 2021, 2022 and 2023**

**C.No:** PSHSTC 113

**Title:** Theories of Human Development

**Credits:** 4

**Max Marks:**100

**Duration of Minor Test:** 1.5 hrs

**Minor I&II:** 20&20

**Duration of Major Test:** 3 hrs

**Major Test:** 60

Teaching Periods: 4/week

Syllabus for the examination to be conducted in Dec 2021, 2022 and 2023

**Objectives:**

1. *To appreciate the value of theory in understanding human development.*
2. *To examine the historical perspective in the evolution of theory.*
3. *Introduction to the major schools of theories in human development.*
4. *To understand various theories of human development.*
5. *To understand practical applications of theory.*

**Contents**

**Unit I: Basic concepts and early theoretical perspectives**

- 1.1 Theory: definition and key characteristics
- 1.2 Early Theories and their effect on understanding of the child.
- 1.3 Ethological theories:
  - (i) Darwin's evolutionary theory
  - (ii) Lorenz theory of Imprinting, Bowlby's theory of attachment
  - (iii) Harlow's research

**Unit II: Psychoanalytic/Psychosocial perspectives**

- 2.1 Freud's Psychoanalytic theory, Neo Freudians: Jung, Adler, Anna Freud.
- 2.2 (i) Erikson's Psychosocial theory, basic concepts and current status  
(ii) Sudhir Kakar's perspective on Indian applications of the psychoanalytic view
- 2.3 Maslow's self-actualization perspective

**Unit III: Cognitive developmental theories**

- 3.1 Piaget's theory: basic concepts and current status
- 3.2 Vygotsky's sociocultural perspectives
- 3.3 Kohlberg's theory of moral development

**MDP Home Science (Human Development) First Semester  
Core Course**

**Syllabus for the examination to be conducted in Dec 2021, 2022 and 2023**

**C.No: PSHSTC 113**

**Title: Theories of Human Development**

**Unit IV: Learning theories and Ecological perspectives**

- 4.1 Theory of Learning and behavior – (i) Pavlov and Watson's Classical Conditioning, (ii) Skinner's Operant Conditioning (iii) Bandura's Social learning theory
- 4.2 Ecological theory of Bronfenbrenner.
- 4.3 Multiple intelligences theory by Gardner

**Note for Paper Setting:**

**For Minor I ( Upto 25% syllabus, after 30 days) and II ( Upto 50% syllabus, after 60 days), the weightage of each test will be of 20 marks.**

- a) **Section A:** *Two* short answer questions, at least, to be attempted. ( 2×5=10)
- b) **Section B:** *Five* compulsory very short answer questions/objectives to be attempted (5×2=10)

**For Major Test( Upto 100% syllabus, after 90 days)**

- a) **Section A:** *Three* short answer questions each will be set from Unit III and IV. All short answer questions to be attempted. Each question will carry 04 marks. (6×4=24)
- b) **Section B:** Three long answer questions in all to be attempted selecting at least one question from each unit. Each question will carry 12 marks. Q1 and Q2 will be from Unit I and Unit II, the candidate will be required to attempt one question from these. Two questions each will be set from the Unit III and Unit IV, having internal choice. ( 3×12=36)

**References:**

1. Crain, S. (2004). An Introduction to Theories of Human Development. Thousand Oaks, CA: Sage Publications.
2. Crain, W. (1998). Theories of Development: Concepts and Applications, 3rd Edition: Prentice Hall, Englewood Cliffs.
3. Das, V. (1979). Reflections on the social construction of adulthood. In S. Kakkar(Ed.). Identity and adulthood (pp.89-104). New Delhi: Oxford University Press.
4. Hurlock, E.B (2007). Developmental psychology: A life-span approach. New Delhi: Tata McGraw Hill.
5. Kakkar, S. (1979). Setting the stage: The traditional Hindu view and the psychology of Erik Erikson. In S. Kakar(Ed.) Identity and adulthood (pp.3-12). New Delhi: Oxford University Press.
6. Lerner, Richard M. (2001). Concepts and Theories of Human Development .Lawrence Erlbaum Associates.
7. Miller, P. (2011). Theories of Development psychology New York: Worth Publishers.
8. Newman, Barbara M and Newman, Philip, R. (2001). Theories of Human Development. Routledge Taylor and Francis Group.

**MDP Home Science (Human Development) First Semester  
Core Course  
Syllabus for the examination to be conducted in Dec 2021, 2022 and 2023**

**C.No: PSHSTC 113**

**Title: Theories of Human Development**

9. Salkind, Neil J. (2004). An Introduction to Theories of Human Development. Thousand Oaks, CA: Sage Publications.
10. Santrock, J. N. (2007). Child Development, 11th Edition. Tata McGraw- Hill.
11. Thomas , R. Murray (2000). Resent Theories of Human Development .Sage Publication.



**MDP Home Science (Human Development) First Semester  
Core Course  
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**C.No: PSHSTC 121**

**Title: Methods & Techniques of Studying Human Development**

**Credits: 4**

**Max Marks:100**

**Duration of Minor Test: 1.5 hrs  
20&20**

**Minor I&II:**

**Duration of Major Test: 3 hrs**

**Major Test: 60**

Teaching Periods: 4/week

Syllabus for the examination to be conducted in December 2021, December 2022, December 2023

**Objectives:**

1. *To learn about different methods and techniques of assessing Human Development*
2. *To understand the concept of assessment and measurement*
3. *To learn the usage of tools and techniques in assessing different developments and abilities*
4. *To gain knowledge about the practical application of the studied tools, techniques and tests.*

**Contents**

**Unit I Human Development and Scientific Methods**

- 1.1. Defining Human Development, Scientific methods and their characteristics, Scientific nature of Human Development, Principles of selecting appropriate methods for studying Human Development.
- 1.2. Methods of Research in Human Development- Meaning, Objectives, Significance.
- 1.3. Scientific Methods of Data Collection - Observation, Interviews, Questionnaire, Case Study.

**Unit II Scaling & Measurement**

- 2.1. Definition and Meaning of Assessment, Concept of Measurement, Types of Scales- Nominal, Ordinal, Interval and Ratio scales.
- 2.2. Psychological Testing: Meaning, Utility, types of psychological tests, Cultural relevance of test items, Standardization process.
- 2.3 Ethical issues in assessment of human development, Reliability and validity of measuring instruments.

**Unit III Assessment of Specific Developments/ Abilities-I**

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**C.No: PSHSTC 121**

**Title: Methods & Techniques of Studying Human Development**

3.1. Methods of Studying Growth and Body Size: Significance of Anthropometric measurement- Height, Weight, Circumference, Skinfold.

3.2. Assessment of Mental Ability: Use and limitations of Verbal and Non-verbal tests, Some important I.Q. tests- The Weschler's Intelligence tests, Raven's Progressive Matrices, Modern Binet tests.

3.3. Measurement of Social Development: Sociometric method and sociogram. Uses and limitations.

**Unit IV Assessment of Specific Developments/ Abilities-II**

4.1. Personality Assessment- Rating scales, Inventories and Projective techniques, Utility and limitation. Some important Projective techniques (CAT/TAT/Draw a man test/Rorschach's Ink blot test).

4.2. Assessment of Aptitude and Achievement: Aptitude Tests- uses and limitations (Differential Aptitude Test). Achievement tests- standardized and teacher made

4.3. Assessment of attitude: Thurston, Likert and Guttman Scales

**Note for Paper Setting:**

**For Minor I ( Upto 25% syllabus, after 30 days) and II ( Upto 50% syllabus, after 60 days), the weightage of each test will be of 20 marks.**

- c) **Section A:** *Two* short answer questions, at least, to be attempted. (2×5=10)
- d) **Section B:** *Five* compulsory very short answer questions/objectives to be attempted

(5×2=10)

**For Major Test( Upto 100% syllabus, after 90 days)**

- c) **Section A:** *Three* short answer questions each will be set from Unit III and IV. All short answer questions to be attempted. Each question will carry 04 marks. (6×4=24)
- d) **Section B:** *Three* long answer questions in all to be attempted selecting at least one question from each unit. Each question will carry 12 marks. Q1 and Q2 will be from Unit I and Unit II, the candidate will be required to attempt one question from these. Two questions each will be set from the Unit III and Unit IV, having internal choice. (3×12=36)

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Core Course  
Syllabus for the examination to be conducted in Dec 2021, 2022 and 2023**

**C.No: PSHSTC 121**

**Title: Methods & Techniques of Studying Human Development**

**References:**

1. Anandalakshmy, S., Chaudhary, N.L., Sharma, N. (Eds.) (2008). Researching families and children: Culturally appropriate methods. New Delhi: Sage.
2. Anastari, A. & Urbina, S. (2005). Psychological testing. New Delhi: Prentice Hall of India.
3. Aylward, G. (1994). Practitioner's guide to developmental and psychological testing. New York: Plenum Press.
4. Brinkmann, S. & Kvalve, S. (2014). Interviews: Learning the craft of qualitative research interviewing (3<sup>rd</sup> edition). Sage Publications.
5. Cooper, C. (2019). Psychological testing. New York: Routledge
6. Gillham, B. (2005). Case study research methods (1st Edition). New York: Sage.
7. Gregory, R.J. (2004). Psychological Testing- History, Principles and Application. Pearson Education.
8. Kothari, C.R. (2020). Research Methodology. (4<sup>th</sup> Edition) New Delhi: New Age International
9. Kumar, R. (2014). Research Methodology: A step by step guide for beginners. Sage Publication.
10. Miller, L.A., McIntire, S.A., & Loveler, R.L. (2011). Foundations of Psychological testing- A practical approach (3<sup>rd</sup> Edition). Sage publications.
11. Palaiologon, I. (2016). Child Observation. Sage publications.
12. Ramamurthi, P.V. (2013). An introduction to psychological measurement. Prentice hall India Learning Pvt. Limited.
13. Soni, D. (2019). Psychometric Testing: All you want to know. New Delhi: Notion Press
14. Urbina, S. (2004). Essentials of psychological testing (2<sup>nd</sup> Edition). Wiley Publications.



**MDP Home Science (Human Development) First Semester  
Core Course  
Syllabus for the examination to be conducted in Dec 2021, 2022 and 2023**

**C.N: PSHSTC122**

**Title: Life Span Development: Issues & Concerns**

**Credits: 4**

**Duration of Minor Test: 1.5 hrs**

**Duration of Major Test: 3 hrs**

**Max Marks: 100**

**Major Test: 60**

**Minor I & II: 20 & 20**

Teaching Periods: 4/Weeks

Syllabus for the examination to be conducted in December 2021, 2022 and 2023.

**Objectives**

- 1. To gain knowledge of development processes during various stages of life span*
- 2. To discuss contemporary concerns in the study of development and change.*
- 3. To gain an insight in the various developmental issues.*

**Contents**

**UNIT-I Conceptual issues in the study of life span Development.**

- 1.1 Life Span Development: Concept, Meaning, importance of studying Life Span development.
- 1.2 An overview of Principles of Growth and Development.
- 1.3 Developmental Issues: Nature and Nurture, stability and change, continuity and discontinuity.
- 1.4 Contemporary concerns in Life Span Development: Health & wellbeing, parenting, education and socio-cultural contexts.
- 1.5 Key concepts and principles of development life cycle stages in various religions: Hindu, Islamic, Buddhist and Christian perspective.

**UNIT- II Issues & concerns in prenatal and infancy period.**

- 2.1 Period of prenatal development.
- 2.2 Prenatal environmental influences and protective factors.
- 2.3 The New born: Size & appearance, a period of adjustment, the APGAR test, New Born reflexes.
- 2.4 An overview of developmental domains during infancy.
- 2.5 Development of attachment: Role of father and mother in formation of attachment during infancy.

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Syllabus for the examination to be conducted in Dec 2021, 2022 and 2023**

**C.N: PSHSTC122**

**Title: Life Span Development: Issues & Concerns**

**UNIT-III Issues and concerns in early and middle childhood years.**

- 3.1 Early years: An overview of developmental domains during early years, importance of early years.
- 3.2 Play and early years, The emerging self, parenting and cultural process.
- 3.3 Middle Childhood: developmental changes, role of peers.
- 3.4 The experience of schooling, Academic achievement.
- 3.5 Moral judgment and reasoning during middle childhood years.

**UNIT- IV Issues and concerns in adolescence, adulthood and old age.**

- 4.1 Adolescence: Developmental milestones, problems during adolescence.
- 4.2 Understanding developmental tasks in young, middle and late adulthood.
- 4.3 Challenges, adjustment in work and career development, family dynamics and the life course.
- 4.4 Aging and its characteristics.
- 4.5 Successful aging, interpretation of life and death.

**Note for Paper Setting:**

**For Minor I ( Upto 25% syllabus, after 30 days) and II ( Upto 50% syllabus, after 60 days), the weightage of each test will be of 20 marks.**

- e) **Section A:** *Two* short answer questions, at least, to be attempted. (2×5=10)
- f) **Section B:** *Five* compulsory very short answer questions/objectives to be attempted

(5×2=10)

**For Major Test( Upto 100% syllabus, after 90 days)**

- e) **Section A:** *Three* short answer questions, each, will be set from Unit III and IV. All short answer questions to be attempted. Each question will carry 04 marks. (6×4=24)
- f) **Section B:** Three long answer questions in all to be attempted selecting at least one question from each unit. Each question will carry 12 marks. Q1 and Q2 will be from Unit I and Unit II, the candidate will be required to attempt one question from these. Two questions each will be set from the Unit III and Unit IV, having internal choice. (3×12=36)

**MDP Home Science (Human Development) First Semester  
Core Course  
Syllabus for the examination to be conducted in Dec 2021, 2022 and 2023**

**C.N: PSHSTC122**

**Title: Life Span Development: Issues & Concerns**

**References:**

1. Papalia, D.E., Gross, D. and Feldman, R.D.(2003).International Edition.The MC Graw. Hill Company.
2. Papalia, D.E., Olds,S.W and Feldman, R.D.(2004).Human Development (9th Ed.).New Delhi: Tata McGraw-Hill Publishing Company Ltd.
3. Berk, L.E.(2004).Development through the Lifespan( 3rd Ed.) New Delhi: Pearson education, Inc.
4. Bhatt, N. (2007). Human Development- A Lifespan Perspective, Jaipur: Aavishkar Publishers.
5. Rice, F.P.(1992).Human Development Lifespan Approach: New Jersy: Prentice hall(2nd Edition).
6. Shaffer,D.R. and Kipp, K.(2007) Development Psychology: Childhood & Adolescence (7th Ed). Australia: .Thompson Wadsworth.
7. Santrock, J.W. (2005). Lifespan Development. Brown and Benchmark (2nd Edition).
8. Saraswathi, T.S.(2003).Cross-Cultural perspectives in Human Development: Theory, Research and Applications. New Delhi: Sage Publications.
9. Feldman, Robert S.(2015) Discovering the Life Span. (3rd Ed.). Pearson Education Limited.

**MDP Home Science (Human Development) First Semester**  
**Core Course**  
**Syllabus for the examination to be conducted in Dec 2021, 2022 and 2023**

**C.No:PSHSTC123**

**Title: Early Childhood Care and Education**

**Credits: 4**

**Max Marks: 100**

**Duration of Minor Test: 1.5 hrs**

**Minor I&II: 20 & 20**

**Duration of Major Test: 3 hrs**

**Major Test: 60**

Teaching Periods: 4/week

Syllabus for the examination to be conducted in December 2021, December 2022, December 2023

**Objectives:**

1. *To provide theoretically guided curricular framework for effective implementation of early childhood care and education programme.*
2. *To gain knowledge and insight regarding principles of Early Childhood Care & Education.*
3. *To orient the students regarding the skills and techniques to plan activities in ECCE centres of different types.*

**Contents:**

**Unit I Foundation of Early Care and Learning**

1.1 Core concepts, Rationale, Importance and Objectives of ECCE.

1.2 Principles of Early Learning and development.

1.3 Curricular Issues and concerns

**1.3 Theoretical foundation of Early Childhood Care and Education**

- Western influences: Pestalozzi, Rousseau, Froebel, Montessori, John Dewey
- Indian Contributions: M K. Gandhi, Rabindranath Tagore, Tarabai Modak .

**UNIT II Emergence of ECCE in India**

2.1 **Evolution of ECCE in India:** Pre Independence period, Post Independence : Contribution of Five Year Plans, Recommendations and suggestions of various committees and commissions

2.2 **Policies and laws for ECCE :** Guidelines for preschools, Right to Education Act, Early Childhood Care and Education Policy, Current status of ECCE, Contribution of NEP and SDGs

2.3 **Agencies promoting and monitoring ECCE in India:** ICCW, AECED, NCERT, Mobile Creches, NIPCCD, need and importance of innovative programmes in ECCE.

**MDP Home Science (Human Development) First Semester  
Core Course  
Syllabus for the examination to be conducted in Dec 2021, 2022 and 2023**

**C.No:PSHSTC123**

**Title: Early Childhood Care and Education**

**UNIT III Organization and Administration of Early learning environment**

3.1 Organizational Set up : Location and site, building plan, play ground, storage facilities, Early Learning Environment: Setting up and Early Years Classroom, Learning/Activity Centres, Displays on Walls Furniture and Mats, Shelves and Storage, Grouping,

3.2 Essential Learning and Play Material : Indoor Materials Outdoor Materials

3.3 Role of Caregiver/ECCE Teacher, Partnership with Parents and Families

**UNIT IV Development, Learning and Programme Planning/Curriculum Design**

4.1 Pedagogical approaches to principles of programme planning: Play, development and learning in ECCE, Guiding Principles of programme planning, Developmentally Appropriate Practices, Planning the Programme : Setting goals and objectives of plans- long term, short term, weekly and daily planning, Routines and Schedules.

4.2 Early Childhood Curriculum & Activities: Language Arts, Mathematic and cognitive concepts , Science, Art and craft, Music, Social studies

4.3 Assessment and Evaluation of ECD Projects: Tools and strategies for assessment and evaluation, Documenting and maintaining records as source of knowledge base for ECD

**Note for Paper Setting:**

**For Minor I ( Upto 25% syllabus, after 30 days) and II ( Upto 50% syllabus, after 60 days), the weightage of each test will be of 20 marks.**

g) **Section A:** *Two* short answer questions, at least, to be attempted. ( 2×5=10)

h) **Section B:** *Five* compulsory very short answer questions/objectives to be attempted (5×2=10)

**For Major Test (Upto 100% syllabus, after 90 days)**

g) **Section A:** *Three* short answer questions each will be set from Unit III and IV. All short answer questions to be attempted, Each question will carry 04 marks.

**(6×4=24)**

h) **Section B:** Three long answer questions in all to be attempted selecting at least one question from each unit. Each question will carry 12 marks. Q1 and Q2 will be from Unit I and Unit II, the candidate will be required to attempt one question from these. Two questions each will be set from the Unit III and Unit IV, having internal choice.

**( 3×12=36)**

**MDP Home Science (Human Development) First Semester  
Core Course  
Syllabus for the examination to be conducted in Dec 2021, 2022 and 2023**

**C.No:PSHSTC123**

**Title: Early Childhood Care and Education**

**References:**

1. Brewer, J.A. (1998). Introduction to Early Childhood Education (3<sup>rd</sup> Edition). Boston Allyn and Bacon
2. Essa, E.L. (1999). Introduction to Early Childhood Education (3<sup>rd</sup> Edition). Delmer Publisher :US.
3. Khurshid-ul-Islam and Rao, V.K(1997), (edited). Early Childhood Care and education. New Delhi: Commonwealth Publishers.
4. Kaul, V.(1997). Early childhood education programme, New Delhi: NCERT.
5. Mohanty and Mohanty (2002). Early Childhood Care and Education (ECCE) New Delhi: Deep and Deep Publication Pvt. Ltd
6. Nakra, O. (1997). Children and Learning difficulties. New Delhi: Allied Publishers Limited
7. Schirmacher, R. (1998). Art and Creative development for young children (3<sup>rd</sup> edition). Delmar Publishers: US
8. Skinner, S. (2007). Creative Activities for the Early Years. Paul Chapman Publishing Sage: UK
9. Thamarasseri, I. (2008). Early Childhood and elementary education. New Delhi: Kanishka Publishers.
10. Choudhary, S. (2006). Nursery Education: A Pre-school Challenge, New Delhi: Dominant Publishers and Distributors.
11. Mishra, R.C.( 2005). Early Childhood Care and Education (Vol 1). New Delhi A.P.H publishing corporation.
12. Sengupta, M. (2009). Early childhood care and education. New Delhi: PHI Learning Pvt. Ltd.
13. Aggarwal, J.C. and Gupta, S. (2007). Early childhood care and education: Principles and practices. India: Shipra Publications.
14. Ministry of Women and Child Development. (2014). *National ECCE Curricular Framework*. MoWCD, Government of India: New Delhi
15. Ministry of Women and Child Development. (2014). *Quality standards for ECCE* . MoWCD, Government of India: New Delhi
16. Palaiologou, I(2016). Child Observation: A guide for students of early childhood. New Delhi: Sage Publications
17. Thomas, A and McInnes, K. (2018). Teaching Early Years: Theory and Practice. New Delhi: Sage Publications
18. Preparing Teachers for Early Childhood Care And Education Sponsored by Ambedkar University, Delhi and National Council for Teacher Education, Delhi. Centre for Early Childhood Education and Development, New Delhi
19. UNICEF (2009) Early Child Development Kit: A Treasure Box of Activities
20. Ministry of Women and Child Development & UNICEF (2014). Quality in Early Childhood Care and Education : Pictorial Handbook for Practitioners

**MDP Home Science (Human Development) First Semester  
Core Course**  
Syllabus for the examination to be conducted in Dec 2021, 2022 and 2023

**C.No: PSHSPC 124**

**Title: Practicals**

**Credits: 08**

**Max Marks: 200**

**Practical Periods – 12/Week**

**Internal Assessment: 100**

**External Assessment: 100**

**Unit I. 2 Credits(3 hrs/week)**

1. To critically evaluate a theory in relation to its relevance to your life.
2. To assess the development of following concepts in a pre-operational child using Piagetian tasks:
  - i). Conservation
  - ii) Classification
  - iii) Class inclusion
  - iv). Serialization
  - v) Animism

**Unit II. 2 Credits(3 hrs/week)**

1. Preparing an interview schedule and conducting interview with parents/community/children.
2. Administration and scoring of any two psychological tests.

**Unit III. 2 Credits(3 hrs/week)**

1. Assessment of Adolescent Problems and conflicts.
2. Interviewing adults taking into account their developmental tasks.  
or
3. Planning and organizing social activities with elderly.

**Unit IV. 2 Credits(3 hrs/week)**

1. Preparing teaching learning materials for Preschool children.
2. a) Planning a one week programme for an ECCE centre.  
b) Conducting five activities in an ECCE centre.

**MDP Home Science (Human Development) Second Semester  
Core Course**

Syllabus for the examination to be held in May 2022, 2023 and 2024.

UNIVERSITY OF JAMMU

SYLLABI AND COURSES OF STUDY FOR M.Sc. HOME SCIENCE(Human  
Development) - IInd Semester CBCS FOR THE EXAMINATION TO BE HELD IN THE  
YEARS 2022, 2023 and 2024

Course Code	Subject	Maximum Marks		Credits	Duration of Examination
		University Examination	Internal Assessment		
PSHSTC 211	Perspective on Family and Society	80	20	4	3 hrs
PSHSTC 214	Parenting Across the Life Span	80	20	4	3 hrs
PSHSTC 221	Adolescent and Youth Development	80	20	4	3hrs
PSHSTC 222	Research Methods and Statistics in Human Development	80	20	4	3hrs
PSHSPC 223	Practicals	75	75	6	4 hrs
PSHSDC 216	Project Planning	25	25	2	1.5 hrs



**MDP Home Science (Human Development) Second Semester  
Core Course**

Syllabus for the examination to be held in May 2022, 2023 and 2024.

C.N: PSHSTC-211

Title: Perspective on Family and Society

**Credits: 4**

**Duration of Minor Test: 1.5 hrs**

**Duration of Major Test: 3 hrs**

**Max Marks: 100**

**Minor I & II: 20 & 20**

**Major Test: 60**

Teaching Periods: 4/Weeks

Syllabus for the examination to be held in May 2022, 2023 and 2024.

**Objectives**

1. *To understand family as component of socio-cultural milieu and context*
2. *To understand variations in family life patterns.*
3. *To familiarize students with developmental perspective of family life cycle.*
4. *To understand the concepts and frameworks available in anthropology, sociology and cultural psychology to understand human development.*

**Contents**

**UNIT-I**

**Family in Social Context.**

1.1 Family: Meaning, concept, characteristics and functions.

1.2 Family as an evolving and dynamic institution.

1.3 Family structure: Joint/nuclear and extended families

1.4 Alternate families: Single parent, childless, the blended family and the adopting family.

**UNIT- II**

**Perspective in marriage and family study.**

2.1 Marriage: Concept, characteristics and effect of modernization on marriage

2.2 Kinship: Concept, Types, usages and roles

2.3 Family disorganization: Meaning, types of conflicts and resolving conflicts

2.4 The family life cycle approach.

**MDP Home Science (Human Development) Second Semester  
Core Course**

Syllabus for the examination to be held in May 2022, 2023 and 2024.

C.N: PSHSTC-211

Title: **Perspective on Family and Society**

**UNIT-III**

**Important domains in the study of society**

- 3.1 Society: structure-Rural, urban and modern society and its influence on family.
- 3.2 Society: Socio-cultural dimensions of rural, urban and tribal society.
- 3.3 Social differentiation and social stratification: Meaning and causes of social differentiation. Concept and characteristics and functions social stratification.
- 3.4 Modernization: Concept, characteristics, impact of west and modernization in India, problems of modernization.

**UNIT- IV**

**Culture, Socialization and Personality.**

- 4.1 Basic concept in the study of culture; Definition, cultural traits, complexes, culture and civilization, customs, laws, folkways, Mores, Social context and conformity.
- 4.2 Socialization: concept, process of socialization, importance of socialization.
- 4.3 Personality: Concept, role of culture in determining personality, factors for the differences in personality within the culture.

**Note for Paper Setting:**

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- a) **Section A:** *Two* short answer questions, at least, to be attempted. ( 2×5=10)
- b) **Section B:** *Five* compulsory very short answer questions/objectives to be attempted (5×2=10)

**For Major Test( Upto 100% syllabus, after 90 days)**

- a) **Section A:** *Three* short answer questions each will be set from Unit III and IV. All short answer questions to be attempted. Each question will carry 04 marks. (6×4=24)
- b) **Section B:** *Three* long answer questions in all to be attempted selecting at least one question from each unit. Each question will carry 12 marks. Q1 and Q2 will be from Unit I and Unit II, the candidate will be required to attempt one question from these. Two questions each will be set from the Unit III and Unit IV, having internal choice. ( 3×12=36)

**MDP Home Science (Human Development) Second Semester  
Core Course**

Syllabus for the examination to be held in May 2022, 2023 and 2024.

C.N: PSHSTC-211

Title: Perspective on Family and Society

**References:**

1. Adams, B.N.(1975). The Family, A Sociological interpretation Chicago: Rand Mc. Nill.
2. Ahuja, R.(2006).Indian Social System (2nd Edition), Jaipur Rawat.
3. Bharat, S.(1996). Family measurement in India.New Delhi; Sage Publications.
4. Coleman, J.C.(1988) Intimate Relationships: Marriage and Family Patterns: N.Y.Macmillian.
5. Coor, R(1975). Family: Its structure and functions. New York. Macmillian.
6. Hoover, H.M & Hoover, H.K. (1979). Concepts and Methodologies in family: An instructor's resource handbook. Boston: Allyn and Bacon.
7. Lock, S.L.(1992). Sociology of the Family.London prentice Hall.
8. Ratra, A, Kour, P. & Chhikara, S. (2006).Marriage and family in Diverse & changing Scenario Deep and Deep Publications Pvt. Ltd.
9. Seixan, R(1993).Family studies in India. Appraisal and NDW
10. Directions in T.S.Saraswati and B.Kour (Eds.). Human Development and Family Studies in India. An agenda for research and policy, new Delhi: Sage
11. Ingoldsby, B.Smith, R & Miller, E.(2004).Exploring Family theories. Roxbury Publishing Company, Los Angeles.

**MDP Home Science (Human Development) Second Semester  
Core Course**

Syllabus for the examination to be held in May 2022, 2023 and 2024.

C.No: PSHSTC214

Title: Parenting Across the Life Span

Credits: 4

Max Marks: 100

Duration of Minor Tests: 1.5 hrs

Minor I&II: 20 & 20

Duration of Major Test: 3 hrs

Major Test: 60

Teaching Periods: 4/week

Syllabus for the examination to be conducted in May 2022, 2023 and 2024

**Objectives:**

1. *To gain knowledge about the parent-child relationship and its various facets*
2. *To learn about the role of parents in the development of children across the various age stages*
3. *To know about the effect of the changing socio-cultural dynamics on the parental role and skills*
4. *To learn about the need for quality parental interactions at different developmental stages*
5. *To know and learn about the latest services available for parents*

**Unit I Parenting: Meaning, Role and Relevance in Early Years**

- 1.1 Parenthood: Nature and characteristics of Parent-Child relationship, Meaning of Parenthood, Parenthood as a developmental role, Reasons for parenthood
- 1.2 Roles in a family: Mothering and Fathering- Characteristics and determinants, Meaning and importance of child-sibling role, Grandparents as co parents, Factors influencing Parent-child relationship configuration.
- 1.3 Developmental Interaction in the Child Rearing Years: Expectant parent's reaction to pregnancy, Child birth and the transition to parenthood, Parenting an infant, Providing structure and nurturance to infants

**Unit II Parent-Child Relationship in Childhood and Adolescence**

- 2.1 Developmental Interaction in Early Childhood Years: Parenting a preschooler, Providing nurturance to young children, Beginning socialization experiences, Dealing with behavior problems of young children.
- 2.2 Developmental Interaction in Middle Childhood Years: Parenting school age children, New models of parenting behavior, Continuing socialization experiences, Discovering capacities and sense of responsibility.

**MDP Home Science (Human Development) Second Semester  
Core Course**

Syllabus for the examination to be held in May 2022, 2023 and 2024.

C.No: PSHSTC214

Title: Parenting Across the Life Span

2.3 Developmental Interaction in Adolescence: Parental role in development of a sense of personal identity and adjustment in puberty, Parental support in discovering sexual orientation and identity, Family life education, and vocational choices.

**Unit III Parenting in Adulthood; and Contemporary Parenting:**

3.1 Developmental Interaction in Early Adulthood: Parenting young adults, Establishing a sense of intimacy in early adulthood, Preparation for independent living, Prolonged Dependence between parents and young adults.

3.2 Developmental Interaction in Old Age: Aging and Parenting-issues and challenges, Aged parents dependence on adult children.

3.3 Challenging Issues of Contemporary Parenting: Parenting in single parent families, in step family system, relation inverse families, Adoptive families

**Unit IV Concerns of Parenting and Services for Parents:**

4.1 Special Concerns of Parenting: Parenting child with special needs, Homosexuality and parenting, Abusive families, Addiction affected families, Parenting during Disasters

4.2 Services for Parents: Need for parenting programmes, Issues of Parent education, Resources for Parent education

4.3 Special services for Parents: Family counseling, Parental Coaching, Guidance services and Forums for parents.

**Note for Paper Setting:**

For Minor I ( Upto 25% syllabus, after 30 days) and II ( Upto 50% syllabus, after 60 days), the weightage of each test will be of 20 marks.

c) Section A: *Two* short answer questions, at least, to be attempted. (2×5=10)

d) Section B: *Five* compulsory very short answer questions/objectives to be attempted (5×2=10)

For Major Test( Upto 100% syllabus, after 90 days)

c) Section A: *Three* short answer questions each will be set from Unit III and IV. All short answer questions to be attempted. Each question will carry 04 marks.(6×4=24)

d) Section B: *Three* long answer questions in all to be attempted selecting at least one question from each unit. Each question will carry 12 marks. Q1 and Q2 will be from Unit

**MDP Home Science (Human Development) Second Semester  
Core Course**

**Syllabus for the examination to be held in May 2022, 2023 and 2024.**

**C.No: PSHSTC214**

**Title: Parenting Across the Life Span**

I and Unit II, the candidate will be required to attempt one question from these. Two questions each will be set from the Unit III and Unit IV, having internal choice. (3×12=36)

**References:**

1. Ambert, Anne-Marie (1997). Parents, children and adolescents: Interactive relationship and development in context. Haworth Press.
2. Abela, A. and Walker, J. (2013). Contemporary issues in family studies: Global perspectives on partnership, parenting and support in a changing world. Wiley-Blackwell.
3. Bigner, J. (2019). Parent- child relations. (10<sup>th</sup> Edition). New Delhi: Boston Pearson.
4. Boult, B. (2016). 201 ways to involve parents (3<sup>rd</sup> Edition). Corwin Publications
5. Cherlin, A.J. (2002). Public and private families: An introduction (3<sup>rd</sup> Edition). US: McGraw-Hill.
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7. Golombok, S. (2015). Modern families: Parents and children in new family forms. Cambridge, UK: Cambridge University Press.
8. Kail, R.V. (2001). Children and their development. 2<sup>nd</sup> Edition. Prentice Hall: NJ.
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10. Lynne, C. (2019). Positive Effective Parenting: From crib to college. AuthorHouse
11. Wyness, M. (2018). Childhood, culture and society. Sage Publications.

**MDP Home Science (Human Development) Second Semester  
Core Course**

Syllabus for the examination to be held in May 2022, 2023 and 2024.

C.No: PSHSTC221

Title: Adolescent and Youth Development

Credits: 4

Max Marks: 100

Duration of Minor Tests: 1.5 hrs

Minor I&II: 20 & 20

Duration of Major Test: 3 hrs

Major Test: 60

Teaching Periods: 4/week

Syllabus for the examination to be conducted in May 2022, May 2023 and May 2024.

**Objectives:**

1. To understand the sub-stages of adolescence and youth in human development.
2. To study the major development characteristics of these stages.
3. To study the issues of identity, development tasks and problems associated with this stage, specifically in Indian context.
4. To learn strategies for positive youth development.

**Contents**

**Unit I Concept and Theoretical Perspectives**

- 1.1 Adolescence and Youth:
  - (i) Definition and sub-stages of adolescence and youth
  - (ii) Developmental tasks of adolescence and youth.
- 1.2 Perspectives on Adolescence (Briefly)
  - (i) Biological perspective (Hall, Gesell)
  - (ii) Psychoanalytic Perspectives (Freud, Anna Freud, Erikson)
  - (iii) Psychosocial-Cultural Perspective (Havighurst, Bandura, Mead)
- 1.3 Indian perspectives (Kakkar, Das)

**Unit II Adolescent and youth development**

- 2.1 Physical, cognitive, emotional, and sociological changes during adolescence and youth
- 2.2 Identity formation (Erikson and Marcia's perspective)
- 2.3 Digital world and its impact

**Unit III Health Issues and concerns**

- 3.1 Physical, mental, and spiritual health
- 3.2 Relationships during adolescence and youth:
  - (i) parent-adolescents/youth relationships
  - (ii) sibling's relationship

**MDP Home Science (Human Development) Second Semester  
Core Course**

Syllabus for the examination to be held in May 2022, 2023 and 2024.

C.No: PSHSTC221

Title: Adolescent and Youth Development

- (iii) peer relationship
  - (iv) sexuality.
- 3.3 Academic and career concerns.

**Unit IV**

4.1 Positive Youth Development:

- (i) Challenges and strengths during adolescence and youth.
- (ii) Learning/ coping strategies in the new millennium

4.2 Adolescent and youth in the Indian context:

- (i) Concept of adolescence and youth in India.
- (ii) Demographic profile of adolescents and youth in India (number, sex ratio, literacy, health)

4.3 Policies and welfare programmes for adolescents and youth in India:

- (i) National Youth Policy
- (ii) National Education Policy (2020) with special reference to youth
- (iii) National Programme for Youth and Adolescent Development (NPYAD) of Government of India
- (iv) Programmes for skill training and employment

**Note for Paper Setting:**

**For Minor I ( Upto 25% syllabus, after 30 days) and II ( Upto 50% syllabus, after 60 days), the weightage of each test will be of 20 marks.**

- a) **Section A:** *Two* short answer questions, at least, to be attempted. - (2×5=10)
- b) **Section B:** *Five* compulsory very short answer questions/objectives to be attempted (5×2=10)

**For Major Test (Upto 100% syllabus, after 90 days)**

- a) **Section A:** *Three* short answer questions each will be set from Unit III and IV. All short answer questions to be attempted. Each question will carry 04 marks. (6×4=24)
- b) **Section B:** Three long answer questions in all to be attempted selecting at least one question from each unit. Each question will carry 12 marks. Q1 and Q2 will be from Unit I and Unit II, the candidate will be required to attempt one question from these. Two questions each will be set from the Unit III and Unit IV, having internal choice.

(3×12=36)



**MDP Home Science (Human Development) Second Semester  
Core Course**

Syllabus for the examination to be held in May 2022, 2023 and 2024.

C.No: PSHSTC221

Title: Adolescent and Youth Development

**References:**

1. Atwater, E. (1988). Adolescence. New Jersey: Prentice Hall.
2. Balk, D. E. (1995). Adolescent Development. New York: Brooks/Cole
3. Cobb, N. J. (2001). Adolescence: continuity, change and diversity, California: Mayfield Publishers.
4. Erikson, E. h. (1968). Identity: Youth and crises. London: Faber & Faber.
5. Kroger, J. (1996). Identity in adolescents. London: Routledge.
6. Kakar, S. (1992). Identity and Adulthood. Delhi: Oxford University Press.
7. NIPCCD (2000). Adolescent Girl Scheme- An Evaluation, New Delhi: NIPCCD.
8. Sharma, N. (1996). Identity of The Adolescent Girl. New Delhi: discovery Publishing House.
9. Landis H. Paul (2011). Adolescence and youth: the process of maturing. sarup Book Publishers Pvt. Ltd., New Delhi.
10. Kathryn Geldard, David Goldard, Rebecca Yin Foo, (2009). Counselling Adolescents: The proactive approach for young people: Sage Publications.
11. Kehily J. Mary (Ed) 2007. Understanding youth: Perspectives, Identities and Practices. Sage Publications, London.
12. Counselling Children and adolescents (2017) Edited by Jolie Ziomek- Daigle. Routledge, New York and London.
13. Nicola Ansell (2017). Children, Youth and Development. Routledge, New York and London.

**MDP Home Science (Human Development) Second Semester  
Core Course**

Syllabus for the examination to be held in May 2022, 2023 and 2024.

C.No: PSHSTC222

Title: Research Methods and Statistics in Human Development

Credits: 4

Max Marks: 100

Duration of Minor Tests: 1.5 hrs

Minor I&II: 20 & 20

Duration of Major Test: 3 hrs

Major Test: 60

Teaching Periods: 4/week

Syllabus for the examination to be held in May 2022, May 2023, and May 2024.

**Objectives:**

1. *To understand the significance of statistics and research methodology in Human Development research.*
2. *To understand the types, tools and methods of research and develop the ability to construct data gathering instruments appropriate to the research design.*
3. *To apply statistical techniques to research data for analyzing and interpreting data meaningfully.*
4. *To understand the techniques of interpretation and presentation of research.*

**Contents**

**Unit I Basics of Research**

- 1.1 Scientific method and Research: Definition and significance of research. Types of behavioral research.
- 1.2 Basics concept of research- Concept, construct, variables, and hypothesis; Research Problem.
- 1.3 Research design – Meaning, components, need, and Types. Qualitative and Quantitative Research designs
- 1.4 Need for research in Human Development, Issues of relevance and cultural appropriateness

**Unit II Sampling and Data collection**

- 2.1 Sampling: Meaning, need, sampling techniques, sampling error, Selecting participants and contexts
- 2.2 Methods of data collection and types of data, Selection of Appropriate Method for Data Collection, Immersion, deep engagement, triangulation, and reflexivity in qualitative data collection

**MDP Home Science (Human Development) Second Semester  
Core Course**

Syllabus for the examination to be held in May 2022, 2023 and 2024.

C.No: PSHSTC222

Title: Research Methods and Statistics in Human Development

2.3 Qualitative and quantitative data- Coding & data reduction strategies, Organization and Presentation of Data

2.4 Probability and Normal curve: Concept; Measurement in Research

**Unit III Analysis of Data:**

3.1 Hypothesis testing – procedure, Levels of significance and p values, Type I, Type II errors; Parametric and Non-parametric Techniques.

3.2 Descriptive statistics: Measure of central tendency and Variability

3.3 Inferential statistics: Hypothesis testing for means, Chi square test and its applications

3.4 Coefficient of correlation- Pearson and Spearman; Regression, and prediction

**Unit-IV Interpretation and Scientific writing**

4.1 Use of Computer and Internet in research and statistical analysis.

4.2 Interpretation: Techniques and Precautions

4.3 Scientific writing - types of scientific writing – written, oral and poster presentation, parts of a research report/dissertation.

4.4 Ethical issues in research

**Note for Paper Setting:**

**For Minor I ( Upto 25% syllabus, after 30 days) and II ( Upto 50% syllabus, after 60 days), the weightage of each test will be of 20 marks.**

c) **Section A:** *Two* short answer questions, at least, to be attempted. (2×5=10)

d) **Section B:** *Five* compulsory very short answer questions/objectives to be attempted (5×2=10)

**For Major Test (Upto 100% syllabus, after 90 days)**

c) **Section A:** *Three* short answer questions each will be set from Unit III and IV. All short answer questions to be attempted. Each question will carry 04 marks. (6×4=24)

d) **Section B:** Three long answer questions in all to be attempted selecting at least one question from each unit. Each question will carry 12 marks. Q1 and Q2 will be from Unit I and Unit II, the candidate will be required to attempt one question from these. Two questions each will be set from the Unit III and Unit IV, having internal choice. (3×12=36)

**MDP Home Science (Human Development) Second Semester  
Core Course**

Syllabus for the examination to be held in May 2022, 2023 and 2024.

C.No: PSHSTC222

Title: Research Methods and Statistics in Human Development

**References:**

1. Anastasi, A. and Urbana's.(1997).Psychological Testing (7th edition). Indian Reprint, Delhi Pearson's Education.
2. Bandarkar,P.L. and Wilkinson T.S.(2000): Methodology and Techniques of Social Research, Himalaya publishing House, Mumbai.
3. Bell, J.(1999).Doing Your Research Project:Guide for First Time Researchers in Social Sciences: New Delhi: Viva Books.
4. Bhatnagar, G.L.(1990): Research Methods and Measurement in Behavioral and Social Sciences, Agri.Cole publishing Academy, New Delhi.
5. Creswell,JW, and Creswell, JD. Research Design: Qualitative, Quantitative, and Mixed Methods Approaches.SAGE Publications, Inc; 5th edition (January 2, 2018)
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7. Gay, L.R.(1981, 2nd Ed): Educational Research, Charles, E.Merill, and Columbus, Ohio.
8. Gupta, S.P. and Gupta,A.(2019). Statistical Methods. New Delhi:Sultan Chand.
9. Kerlinger, F. N, & Lee, H. B. (2000). Foundations of behavioural research. Belmont, Calif.: Wadsworth.
10. Kothari, C.R and Garg, Gaurav ( 2019) Research Methodology : Methods And Techniques (Multi Colour Edition) . New Age International Publishers, Fourth edition
11. Long, J.S.(Ed) (1998): Common Problems Proper Solutions: Avoiding Errors in Quantitative Research, Beverly Hills, Sage Publications, California.
12. Minimum, E.W., King, B.M. and Bear,G(1995). Statistical Reasoning in psychology and Education. New York: john Wiley & Sons.
13. Mishra, SB and Alok, S,( 2017).Handbook of Research Methodology. Education.
14. Mukherjee, R. (1989): The Quality of Life: Valuation in Social Research, Sage Publication, New Delhi.
15. Kumar, Ranjit. ( Latest Ed) Research Methodology: A Step-by-Step Guide for Beginners, Sage Publications
16. Strass, A. and Corbin. (1990): Basic of Qualitative Research: Grounded Theory Procedures and Techniques, Sage Publications, California.
17. Tan, William. Research Methods: A Practical Guide for Students And Researchers. WSPC; 1st edition (July 27, 2017)
18. Dawson, Catherine (2016). 100 Activities for teaching research methods, Sage Publications.

**MDP Home Science (Human Development) Second Semester  
Core Course**

Syllabus for the examination to be held in May 2022, 2023 and 2024.

19. C.No: PSHSTC222

Title: Research Methods and Statistics in Human Development

20. Research methodology by Chawla, Deepak- Vikas Publications, 2018.
21. Research methodology by Upagade, Vijay- S. Chand , 2018.
22. Research methodology by Cauvery, R.- S. Chand, 2016.

**e-resources**

<https://hubert.hhh.umn.edu/Team3/index.html#screen/cc739dd9-7591-4ca5-a0d9-b77989848ef1>

<https://www.d.umn.edu/~hrallis/guides/researching/litreview.html>

<https://writingcenter.unc.edu/tips-and-tools/literature-reviews/>

<https://wordvice.com/video-should-i-use-active-or-passive-voice-in-a-research-paper/>

**Scientific writing**

<https://bookboon.com/en/writing-scientific-research-proposals-ebook>

<https://writingcenter.unc.edu/tips-and-tools/sciences/>

<https://writingcenter.unc.edu/tips-and-tools/scientific-reports/>

[https://docs.google.com/document/d/1Zmt-NPk0IEHNde\\_gJrzk8ao2K4W1ksL1HBpDpaP9s/edit#](https://docs.google.com/document/d/1Zmt-NPk0IEHNde_gJrzk8ao2K4W1ksL1HBpDpaP9s/edit#)

<https://www.oercommons.org/authoring/18100-skills-and-knowledge-for-successful-project-planni/view>

<https://openoregon.pressbooks.pub/aboutwriting/>

<http://www.learnhigher.ac.uk/writing-for-university/academic-writing/>

<https://crastina.se/guides/the-poster-design-hub/scientific-images/>

**MDP Home Science (Human Development) Second Semester  
Core Course**

**Syllabus for the examination to be held in May 2022, 2023 and 2024.**

**C.No: PSHSDC 216  
Credits: 02**

**Paper: Project Planning  
Max Marks: 50  
Internal Assessment: 25  
External Assessment: 25**

**Teaching hours/week : 3 hours**

Syllabus for the examination to be conducted in May 2022, May 2023 and May 2024.

The Project will be prepared by each student on the proposed dissertation topic in consultation with their respective allotted Supervisors, however, the report should reflect the students own work.

The Project planning should culminate in the *Synopsis Presentation*. The synopsis shall contain:

1. Title approved
2. Introduction
3. Review of Literature
4. Methodology (Sample/Tools/Data Collection/Data Analysis)
5. Plan of work
6. References

**MDP Home Science (Human Development) Second Semester  
Core Course**

Syllabus for the examination to be held in May 2022, 2023 and 2024.

C.No: PSHSPC 223  
Credits: 06

Paper: Practical  
Max Marks: 150  
Internal assess- 75  
External assess- 75

Syllabus for the examination to be conducted in May 2022, May 2023 and May 2024

**Unit I (2 Credits)**

1. To study the variation in family and child rearing patterns in the existing Socio-cultural milieu.

**Unit II (2 Credits)**

1. To assess the extent of use of social media by the adolescents and its influence on their lives.
2. To introspect and explore your own identity status.

**Unit III (2 Credits)**

Conducting interview with expectant parents to assess their preparation for parenthood and changes associated with child birth.

or

Plan and execute a parent-empowerment program.

**MDP Home Science ( Human Development) Third Semester  
Core Course  
Syllabus for the examination to be held in Dec.2022, Dec.2023 and Dec.2024**

Course Code	Subject	Maximum Marks		Credits	Duration of Examination
		University Examination	Internal Assessment		
PSHSTC 311	Laws, Policies and Programme for Children	80	20	4	3 hrs
PSHSTC 312	Disability Studies	80	20	4	3 hrs
PSHSTC 321	Gender Issues	80	20	4	3 hrs
PSHSPC 322	Practicals	50	50	4	4 hrs
PSHSDC 314	Dissertation	100	100	8	6 hrs
SWAYAM (MOOCs)*				4	

\* SWAYAM (MOOCs) will be offered in IIIrd semester in place of open elective



**MDP Home Science ( Human Development) Third Semester  
Core Course  
Syllabus for the examination to be held in Dec.2022, Dec.2023 and Dec.2024**

**C.No: PSHSTC 311**

**Title: Laws, Policies and Programs for Children**

**Credits: 4**

**Duration of Minor Tests: 1.5 hrs**

**Duration of Major Test: 3 hrs**

**Max Marks: 100**

**Minor I&II: 20 & 20**

**Major Test: 60**

Teaching Periods: 4/week

Syllabus for the examination to be held in Dec.2021, Dec.2022 and Dec.2023

**Objectives:**

1. *To develop awareness of constitutional provisions and legislations for children*
2. *To acquire critical knowledge of the adequacy and relevance of prevalent social policies and programmes as they relate to children.*
3. *To gain in depth understanding of the relevance of the "Rights" perspective.*

**Contents:**

**Unit I Child in India**

- 1.1 Defining the Child: Social and legal perspectives
- 1.2 Status of children in India: Demographic distribution
- 1.3 Demographic distribution, Gender disparities-Infanticide, Foeticide, Girl Child, Children in difficult circumstances- children of prostitutes, Child Prostitutes, Child Labour, Street Children, Child victims of war, Children with special

**Unit II Legislations and policies for protection and welfare of children in India.**

- 2.1 Legal Framework and legal action for children.
- 2.2 Policies and action plans e.g National Policy for Children, National Education policy, Nutrition policy.
- 2.3 National Charter for Children, National Plan of Action for Children.

**MDP Home Science ( Human Development) Third Semester  
Core Course  
Syllabus for the examination to be held in Dec.2022, Dec.2023 and Dec.2024**

C.No: PSHSTC 311

Title: Laws, Policies and Programs for Children

**Unit III Effective initiatives in Indian context**

- 3.1 Transacting policy into programmes: Budgetary allocations for child. Child Budgeting
- 3.2 Children related programmes and schemes: Integrated Child Development Services(ICDS), Integrated Child Protection Scheme(ICPS): Beti Bachao Beti Padhao, Childline India Foundation(CIF), Rajiv Gandhi Scheme for Empowerment of Adolescent Girls (SABLA) and boys( ŚAKSHAM), National Creche Scheme, Mid Day Meal Scheme and Samagra Shikha
- 3.3 Role of Govt, NGOs and Media in child welfare activities.

**Unit IV The Rights Perspective**

- 4.1 Defining: Human Rights, Child Rights, Evolution of the Child Rights
- 4.2 Rights Based Approach, Child Rights Programming: Application of Rights-Based Approaches in Programming
- 4.3 United Nations Convention on the Rights of the child , Role of the United Nations Convention Child Rights Committee

**Note for Paper Setting:**

**For Minor I ( Upto 25% syllabus, after 30 days) and II ( Upto 50% syllabus, after 60 days), the weightage of each test will be of 20 marks.**

- a) **Section A:** *Two* short answer questions, at least, to be attempted. ( 2×5=10)
- b) **Section B:** *Five* compulsory very short answer questions/objectives to be attempted

(5×2=10)

**For Major Test (Upto 100% syllabus, after 90 days)**

- a) **Section A:** *Three* short answer questions each will be set from Unit III and IV. All short answer questions to be attempted. Each question will carry 04 marks. (6×4=24)
- b) **Section B:** Three long answer questions in all to be attempted selecting at least one question from each unit. Each question will carry 12 marks. Q1 and Q2 will be from Unit I and Unit II, the candidate will be required to attempt one question from these. Two questions each will be set from the Unit III and Unit IV, having internal choice. (3×12=36)

**MDP Home Science ( Human Development) Third Semester  
Core Course  
Syllabus for the examination to be held in Dec.2022, Dec.2023 and Dec.2024**

**C.No: PSHSTC 311**

**Title: Laws, Policies and Programs for Children**

**References:**

1. Bhattacharya,S.(2008).Social Work Interventions and Management, New Delhi. Deep & Deep Publications (P) Ltd.
2. Kumar,A.(2002).Fundamentals of Child Rights-Concepts, Issues and Challenges (Vol.I &II). New Delhi: Anmol Publications Pvt. Ltd.
3. Bajpai,A.(1996) Adoption Law and Justice to the child, Bangalore:National Law School of India University.
4. Bajpai,A.(2003)Child Rights in India:Law Policy and Practice,New Delhi:Oxford University Press.
5. Bhargava,V.(2005)Adoption in India:Policies and Experiences. New Delhi:Sage Publications
6. Gaur, M.(2008).The Child Protection- A Fiction. New Delhi, alfa Publications.
7. Sharma, A.K.(2007). Child Survival and Child Work, New Delhi. Anmol Publications Pvt.Ltd.
8. Ganga, R. and Supputhai , M.(2007).Children's Rights as Basic Human Rights-Sensitization of Stakeholders(ed.) New Delhi: Reference Press.
9. Yadav, C.P.(2008).Policies and Legislation for Children in India.New Delhi: Anmol Publications Pvt. Ltd.
10. Narasaiah, M.L.(2008).Child labour and NGO's.New Delhi: Sonali Publications.
11. Kadushin,A. and martin, J.A.(1988).Child Welfare Services (4th ed.), New York: Macmillan Publishing Company.
12. Rizvi, A.K.(2008).Child Welfare in A Changing World. New Delhi: Mohit Publications.
13. Bava, N.(2008). Non-Governmental Organisations in Development: Theory and Practice (ed.) New Delhi: Kanishka Publishers.
14. Nanjunda, D.C.(2008).Child labour in India. New Delhi:Sonali Publications.

**MDP Home Science ( Human Development) Third Semester  
Core Course**

**Syllabus for the examination to be held in Dec.2022, Dec.2023 and Dec.2024**

**C.No: PSHSTC 312**

**Title: Disability Studies**

**Credits: 4**

**Max Marks: 100**

**Duration of Minor Tests: 1.5 hrs**

**Minor I&II: 20 & 20**

**Duration of Major Test: 3 hrs**

**Major Test: 60**

Teaching Periods: 4/week

Syllabus for the examination to be held in December 2022, 2023 and 2024

**Objectives:**

1. *To acquire conceptual knowledge of the basic framework of disabilities*
2. *To learn about the nature, causation and identification of prevalent disabilities*
3. *To understand about the rights of people with disabilities*
4. *To get acquainted with the processes of inclusion and empowerment*

**Contents**

**Unit I Understanding Disabilities and Disability Studies**

- 1.1 Introduction to disability, Basic terminology related to disability
- 1.2 Concept and philosophy of Disability Studies
- 1.3 Overview of disability in India and Globally
- 1.4 Models of disability- Charity, Medical, Social and Human Rights model
- 1.5 Physical and Social Barriers in the development of persons with disabilities and their mitigation.

**Unit II Nature, Causes and Identification of Disabilities-I**

- 2.1 Physical Impairment
- 2.2 Intellectual Impairment
- 2.3 Sensory Impairment-Visual and Hearing Impairment

**Unit III Nature, Causes and Identification of Disabilities-II**

- 3.1 Communication disorders
- 3.2 Learning Disabilities
- 3.3 Giftedness
- 3.4 Mental Disorders (Autism, Schizophrenia, Psychoses, Neurosis, Suicide and Depression)



**MDP Home Science ( Human Development) Third Semester  
Core Course  
Syllabus for the examination to be held in Dec.2022, Dec.2023 and Dec.2024**

**C.No: PSHSTC 312**

**Title: Disability Studies**

**Unit IV Processes of Inclusion and Empowerment**

4.1 Human Rights

4.2 Constitutional Rights

4.3 Legal Rights (Mental Health Act, 1987; Rehabilitation Council of India Act, 1992; National Trust Act, 1999; Persons with Disabilities Act, 1995, 2016)

4.4 Concept and philosophy of Inclusive education; Legislations and policies (National Policy of Education, 2017; RTE Act 2009 and Amendments, 2012)

**Note for Paper Setting:**

**For Minor I ( Upto 25% syllabus, after 30 days) and II ( Upto 50% syllabus, after 60 days), the weightage of each test will be of 20 marks.**

- c) **Section A:** *Two* short answer questions, at least, to be attempted. ( 2×5=10)
- d) **Section B:** *Five* compulsory very short answer questions/objectives to be attempted

(5×2=10)

**For Major Test (Upto 100% syllabus, after 90 days)**

- e) **Section A:** *Three* short answer questions each will be set from Unit III and IV. All short answer questions to be attempted. Each question will carry 04 marks.

(6×4=24)

- d) **Section B:** Three long answer questions in all to be attempted selecting at least one question from each unit. Each question will carry 12 marks. Q1 and Q2 will be from Unit I and Unit II, the candidate will be required to attempt one question from these. Two questions each will be set from the Unit III and Unit IV, having internal choice.

( 3×12=36)

**References**

1. Allen, E.K. & Schwartz, I.S. (1999). The Exceptional child: Inclusion in Early Childhood Education (3rd Ed.) Delmar Publishing:UK
2. Baquer, A. (1994). Disabled, Disablement, Diabolism. New Delhi: Voluntary Health Association of India.
3. Goodley, D. (2017). Disability Studies (2nd Edition). Sage
4. Hallhan& Kauffman. (1999). Human Exceptionality. Boston: Allyn and Bacon
5. Hardman M.L., Draw, C.J. & Egan, M.W. (2000). Human Exceptionality: Society, school and Family. Boston: Houghton, Mifflin Company
6. Hegarty, S. & Alur, M. (2002). Education and Children with Special needs: From Segregation to Inclusion: Sage Publication
7. Karanth, P. & Rozario, J. (2003). Learning Disabilities in India. New Delhi: Sage
8. Mukherjee, M. (2006). Problems of Disabled People. Ambala: The Associated Publishers.

**MDP Home Science ( Human Development) Third Semester  
Core Course**  
**Syllabus for the examination to be held in Dec.2022, Dec.2023 and Dec.2024**

**C.No: PSHSTC 312**

**Title: Disability Studies**

9. Oliver, M. (1999). Understanding Disability: From theory to practice: London: Macmillan Press.
10. Pandey, R.S. & Advani, L. (1996). Perspective in Disability and Rehabilitation, New Delhi: Vikas Publishing House Private Limited.
11. Ramasamy, B. (2013). Introduction to disability. Kanishka Publications: New Delhi.
12. Reddy, G.L. & Sujathanalini, J. (2006). Children with Disabilities- Awareness, attitude and competencies of Teachers, New Delhi: Discovery Publishing House.
13. Shakespeare, T. (2018). Disability - The basics. London: Routledge
14. Singh, J.P. (2005). Disability development in India. Kanishka Publications: New Delhi.
15. Verma, S.K. (2002). Rights of Persons with Disabilities. Indian Law Institute.
16. Watson, N. (2014). Handbook of Disability studies. London: Routledge

**MDP Home Science ( Human Development) Third Semester  
Core Course**

Syllabus for the examination to be held in Dec.2022, Dec.2023 and Dec.2024

**C.No:PSHSTC321**

**Title: Gender Issues**

**Credits: 4**

**Max Marks:100**

**Duration of Minor Test: 1.5 hrs**

**Minor I&II: 20&20**

**Duration of Major Test: 3 hrs**

**Major Test: 60**

Teaching Periods: 4/week

Syllabus for the examination to be held in December 2022, 2023 and 2024

**Objectives:**

- 1. To enable the students to gain a global and national perspective of gender issues and concepts from the perspective of Human Development.*
- 2. To gain an insight into various approaches to understand the concept of gender.*
- 3. To understand institutions, historical and social practices that have shaped women's lives.*
- 4. Promote knowledge of diversity of women's experiences, current issues and initiatives to understand gender*

**Contents:**

**Unit I Basic Concepts and theoretical approaches to Gender**

1.1 Gender: Definition, Gender Identity, and differences

1.2 Gender Socialization-Stages

1.3 Theoretical basis for understanding gender (brief overview):

- Psychological Approach: Freud, Erikson, Gilligan, Social learning, Gender Schema Theory.
- Sociological Approach: Functionalism, Conflict Theory, Symbolic Interaction
- Anthropological approach: Margret Mead
- Sociobiology and gender

**Unit II Perspectives and Contemporary issues**

2.1 Creation of interest in Gender as a discipline of study, Feminist Science Studies.

2.2 Contemporary issues in gender studies (briefly): Gender stereotypes, gender segregation and mainstreaming, Gender polarization, gender-based violence, female genital mutilation.

2.3 Perspectives on Transgender, Disabled women.

2.4 Managing developmental changes-puberty, motherhood, menopause, and aging

**MDP Home Science ( Human Development) Third Semester  
Core Course  
Syllabus for the examination to be held in Dec.2022, Dec.2023 and Dec.2024**

**C.No:PSHSTC321**

**Title: Gender Issues**

**Unit III Indian perspective**

- 3.1 Women's movements in India: Pre-Independence, post-independence: campaigns and issues
- 3.2 Perspectives on development: WID (Women in Development), WAD (Women and Development), GAD (Gender and Development),
- 3.3 Statistical profile of women in India in relation to the global figures, MDG and SDG, in the areas of demography, education, employment, health, violence.

**Unit IV Laws, policy, programs, and major reports related to women**

- 4.1 Contribution of law in removing gender disparities: Major constitutional provisions, Crimes against women and laws to protect against- Sexual harassment, dowry, child marriage, female infanticide and sex selective abortions, domestic violence
- 4.2 Policies and programs : National Policy on Empowerment of Women;
- 4.3 Programs of Ministry of Women and Child Development
- 4.4 Major Reports: CEDAW, Beijing Report-12 critical areas and status.

**Note for Paper Setting:**

**For Minor I ( Upto 25% syllabus, after 30 days) and II ( Upto 50% syllabus, after 60 days), the weightage of each test will be of 20 marks.**

- e) **Section A:** *Two* short answer questions, at least, to be attempted. (2×5=10)
- f) **Section B:** *Five* compulsory very short answer questions/objectives to be attempted

(5×2=10)

**For Major Test( Upto 100% syllabus, after 90 days)**

- e) **Section A:** *Three* short answer questions each will be set from Unit III and IV. All short answer questions to be attempted. Each question will carry 04 marks. (6×4=24)
- f) **Section B:** Three long answer questions in all to be attempted selecting at least one question from each unit. Each question will carry 12 marks. Q1 and Q2 will be from Unit I and Unit II, the candidate will be required to attempt one question from these. Two questions each will be set from the Unit III and Unit IV, having internal choice. (3×12=36)

**References:**

- 1. Patriwala, Patricia and Uberoi, Patricia( 2008).Marriage, migration and gender.CA: Sage pub.
- 2. Shanti,K.(2005) Women in India: retrospect and prospect. Anmol Publication Pvt Ltd.
- 3. John,Mary E.(2008) Women,s studies in India: A reader. Penguin Books India.



**MDP Home Science ( Human Development) Third Semester  
Core Course  
Syllabus for the examination to be held in Dec.2022, Dec.2023 and Dec.2024**

**C.No:PSHSTC321**

**Title: Gender Issues**

4. Banerjee, Soumya(2009) National Policy for women: With schemes and guidelines.Eastern Book Corporation.
5. Sapiro, Virginia. (1998)Women in American society:An introduction to women's studies(4th Ed). California: Mayfield Publishing Company.
6. Harish,Ranjana and Harishankar,Bharathi (Eds) (2003). Shakti: Multidisciplinary perspective on women's empowerment in India. Jaipur; Rawat Publications.
7. Kumar, Raj(2000). Women and Law. Anmol Publications.
8. Sharma , S.C. and Bakshi ,Sweta (2009)Education, Employment and Empowerment of Women : A.K. Pub
9. Das ,Mandakini. And Daspattanayak, Pritirekha(Eds)(2010) Empowering Women : Issues, Challenges and Strategies. Dominant Publishers.
10. Rajul Bhargava(Ed) (2010)Gender Issues : Attestations and Contestations .Rawat Publ.
11. Chaturvedi,Vibha. and Srivastava, Nilima(2010) Girl Child:Changing Perceptions, Vol.I.Delhi:The Women Press.
12. Sohani, Neera Kukreja(1994) Status of girls in development strategies. Har-Anand Publ.

**MDP Home Science ( Human Development) Third Semester  
Core Course**

**Syllabus for the examination to be held in Dec.2022, Dec.2023 and Dec.2024**

**C.No: PSHSPC 313**

**Practical**

**Credits: 4**

**Max Marks: 100  
Internal Assessment- 50**

**Periods/Week = 6**

**External Assessment- 50**

Syllabus for the examination to be conducted in Dec.2022, Dec.2023 and Dec.2024

**Unit I Laws, Policies and Programmes for children (1 Credits)**

- i) Planning and execution of Awareness Generation Programme for parents/community/adolescents. on issues related to children

**Unit II Disability Studies (1 Credits)**

- i) Conduct visits and evaluate any four institutions working for the welfare of children with disability.
- or
- ii) To conduct interviews with people with disabilities to understand the physical and social barriers encountered by them.

**Unit III Gender Issues (2 Credits)**

- i) Understanding gender in developmental context.
- ii) Gender analysis of mass-media content, books, television and films.

**MDP Home Science ( Human Development) Third Semester  
Core Course**

**Syllabus for the examination to be held in Dec.2022, Dec.2023 and Dec.2024**

**C.No: PSHSDC 314**

**Title: Dissertation**

**Credits: 8**

**Max Marks: 200**

**Periods/Week = 12**

**Internal Assessment: 100**

**External Assessment: 100**

Syllabus for the examination to be held in Dec.2022, 2023 and 2024

**Objective:**

1. To undertake an independent piece of research work , as planned in the IInd semester, on an issue of contemporary concern that facilitates the candidates advancement of knowledge in the field of Human Development. The student is required to submit a dissertation at the end of the IIIrd Semester.
2. The student will be Guided and Supervised by a member of the Teaching Faculty of the Department. However, the dissertation in which the research culminates should reflect the student's own work.
3. Time to time progress will be evaluated.

**UNIVERSITY OF JAMMU**

**SYLLABI AND COURSES OF STUDY FOR M.Sc. HOME SCIENCE(Human Development) - IVth Semester CBCS FOR THE EXAMINATION TO BE HELD IN THE YEARS 2023, 2024 and 2025**

Course Code	Subject	Maximum Marks		Credits	Duration of Examination
		University Examination	Internal Assessment		
PSHSTE 413*	Education for Human Development	80	20	4	3 hrs
PSHSTE 414*	Adulthood and Aging	80	20	4	3 hrs
PSHSTE 415*	Management of Institutions	80	20	4	3 hrs
PSHSTE 417*	Developmental Stimulation	80	20	4	3 hrs
PSHSTE431*	Guidance and Counseling	80	20	4	3 hrs
PSHSTE432*	Assesment, Intervention & Inclusion of PwD	80	20	4	3 hrs
PSHSSC418	Internship	100	100	8	6hrs
PSHSTO433	Mental health of Adolescent & Youth	80	20	4	3hrs
PSHSTO434	Dynamics of Family and Society	80	20	4	3hrs
PSHSTO435	Child and Human Rights	80	20	4	3hrs

\*The candidate is required to select any 3 Electives from the given list.

**MDP Home Science ( Human Development) Fourth Semester  
Elective**

Syllabus for the examination to be held in May 2023, 2024 and 2025.

**C.No: PSHSTE 413**

**Title: Education for Human Development**

**Credits: 4**

**Duration of Minor Tests: 1.5 hrs**

**Duration of Major Test: 3 hrs**

**Max Marks: 100**

**Minor I&II: 20 & 20**

**Major Test: 60**

Teaching Periods: 4/week

Syllabus for the examination to be held in May 2023, 2024 and 2025.\*

**Objectives:**

1. *To understand dynamics of education, curricular practices and patterns of human development*
2. *To acquire critical understanding of classroom practices in relation to the needs of children.*
3. *To gain knowledge of issues in education for optimal growth and progress.*
4. *To explore and promote factors essential for inclusive classrooms.*

**Contents:**

**Unit I Human Development and educational practices in India**

- 1.1 Importance of Education for Human Development and Social Change.
- 1.2 Education in India: Education planning and policy, Child in the Indian plans
- 1.3 Rights of the child and universalization of Elementary Education

**Unit II Opportunity, Equality and Education**

- 2.1.1 Specific features of schooling in India
- 2.2 Diversity in the classroom: ethnic, socio-economic, gender based ability levels, linguistic variability.
- 2.3 Co-curricular opportunities and sources of students growth an excellence.Home school relations.

**Unit-III Curriculum content, Pedagogical practices and Educational settings.**

- 3.1 Principles of curriculum development.
- 3.2 Text book content, syllabi and other learning resources.
- 3.3 Classroom practices, transacting the curriculum and the individual.
- 3.4 Process in assessment and evaluation
- 3.5 Role of teacher in classroom processes
- 3.6 School discipline, reward and punishment

**MDP Home Science ( Human Development) Fourth Semester  
Elective**

Syllabus for the examination to be held in May 2023, 2024 and 2025.

C.No: PSHSTE 413

Title: Education for Human Development

**Unit-IV Concerns in Education**

- 4.1 Adequacy of Facilities
- 4.2 Learning without burden
- 4.3 Practices in child focused education
- 4.4 Inclusion of children with disadvantage and disabilities
- 4.5 Dropout ,retention and continuity in schooling.
- 4.6 De-schooling, home - schooling and out of school learning

**Note for Paper Setting:**

**For Minor I ( Upto 25% syllabus, after 30 days) and II ( Upto 50% syllabus, after 60 days), the weightage of each test will be of 20 marks.**

- a) **Section A:** *Two* short answer questions, at least, to be attempted. ( 2×5=10)
- b) **Section B:** *Five* compulsory very short answer questions/objectives to be attempted

(5×2=10)

**For Major Test (Upto 100% syllabus, after 90 days)**

- a) **Section A:** *Three* short answer questions each will be set from Unit III and IV. All short answer questions to be attempted. Each question will carry 04 marks. (6×4=24)
- b) **Section B:** Three long answer questions in all to be attempted selecting at least one question from each unit. Each question will carry 12 marks. Q1 and Q2 will be from Unit I and Unit II, the candidate will be required to attempt one question from these. Two questions each will be set from the Unit III and Unit IV, having internal choice.

( 3×12=36)

**References:**

1. Mohanty, J(2002).Primary and Elementary Education.Deep & Deep Publications, New Delhi.
2. Pathak,A(2002).Social Implications of Schooling: Knowledge, Pedagogy and consciousness. Delhi: Rainbow.
3. Rajput,J.S. and Walia, K.(2002).Teacher Education in India .New Delhi. Sterling Publishers.
4. Ramachandran, V.(Ed.).(2004)Gender & Social Equality in Primary Education.Hierareccies of Access New Delhi: Sage.
5. Ranganathan, N.(2000) The primary School child:Development & Education .New Delhi.Orient Longman.
6. Sarangapani, D.M.(2003)Constructing School knowledge: An Ethnographhy of learning in An Indian Village.New Delhi: Sage.
7. Singhal, S.(2004).Stress in Education : Indian experience. New Delhi: Rawat Publications

**MDP Home Science ( Human Development) Fourth Semester  
Elective**

Syllabus for the examination to be held in May 2023, 2024 and 2025.

**C.No: PSHSTE 414**

**Title: Adulthood and Ageing**

**Credits: 4**

**Max Marks: 100**

**Duration of Minor Tests: 1.5 hrs**

**Minor I&II: 20 & 20**

**Duration of Major Test: 3 hrs**

**Major Test: 60**

Teaching Periods: 4/week

Syllabus for the examination to be held in May 2023, 2024 and 2025.

**Objectives:**

1. *To acquaint the student with scientific bio psychosocial context and the significance of middle and late adulthood*
2. *Recognize the importance of social, cultural, and historical context in understanding the aging experience;*
3. *Develop a provisional understanding of traditional and contemporary theories of adult development and aging;*
4. *To sensitize students to the issues and concerns related to aging.*
5. *To provide an understanding and greater appreciation for the aged*

**Contents:**

**Unit I Understanding Middle Adulthood**

- 1.1 Redefining Middle Age
- 1.2 Physical Changes, Health and Life Style, Sexual Functioning
- 1.3 Cognitive Functioning , Moral Commitments
- 1.4 Familial Relationships, Social Milieu, Friendships, Job satisfaction and Midlife Career Change
- 1.5 Self in Transition

**UNIT II Introduction to Aging Studies I**

- 2.1 Theories of aging ( in brief)
- 2.2 Demographic profile of older persons
- 2.3 Physical Changes and functioning
- 2.4 Cognitive Functioning and Mental Health, Communication Disorders in the Aging Population.

**Unit III Introduction to Aging Studies II**

- 3.1 Well being and Life satisfaction, Person environment fit
- 3.2 Self Concept and Personality Development
- 3.3 Familial and Social Relations
- 3.4 Morality, Religion and Spirituality
- 3.5 Dying, Death, Bereavement and Widowhood

**MDP Home Science ( Human Development) Fourth Semester  
Elective**

**Syllabus for the examination to be held in May 2023, 2024 and 2025.**

**C.No: PSHSTE 414**

**Title: Adulthood and Ageing**

**Unit IV Issues and Concerns Related to Aging .**

- 4.1 Living arrangements, Housing and neighborhood facilities, Leisure Activities
- 4.2 Stability and change in familial and extra-familial relationships, Elder abuse
- 4.3 Retirement and its implication, Sexuality in later life
- 4.4 Older persons as recipients and providers of care.
- 4.5 National Policies on Aged.

**Note for Paper Setting:**

**For Minor I ( Upto 25% syllabus, after 30 days) and II ( Upto 50% syllabus, after 60 days), the weightage of each test will be of 20 marks.**

- c) **Section A:** Two short answer questions, at least, to be attempted. ( 2×5=10)
- d) **Section B:** Five compulsory very short answer questions/objectives to be attempted

(5×2=10)

**For Major Test (Upto 100% syllabus, after 90 days)**

- c) **Section A:** Three short answer questions each will be set from Unit III and IV. All short answer questions to be attempted. Each question will carry 04 marks.

(6×4=24)

- d) **Section B:** Three long answer questions in all to be attempted selecting at least one question from each unit. Each question will carry 12 marks. Q1 and Q2 will be from Unit I and Unit II, the candidate will be required to attempt one question from these. Two questions each will be set from the Unit III and Unit IV, having internal choice.

( 3×12=36)

**References:**

1. Coleman, B.J., & Pond Peace, S. (1993). Ageing in society: An introduction to social gerontology. London : Sage.
2. Dandekar, K. (1996). The elderly in India. New Delhi: Sage Publication,India.
3. E. Yeatts, W. Edward Folts, James Knapp, D. (1999). Older worker'sadaptation to a changing workplace: employment issues for the 21st century.*Educational Gerontology*, 25(4), 331-347.
4. Firth, S. (1997). Dying, death and beravement in a British hindu community.UitgeverjiPaters, Bond-genotenlaan.
5. Heo, J., Chun, S., Lee, S., Lee, K. H., & Kim, J. (2015). Internet use and wellbeing in older adults. *Cyberpsychology, Behavior, and Social Networking*, 18(5), 268-272.
6. Ingle, G. K., &Nath, A. (2008). Geriatric health in India: Concerns and solutions. *Indian Journal of Community Medicine*, 33(4), 214.
7. Jönson, H., & Magnusson, J. A. (2001). A new age of old age?:Gerotranscendence and the re-enchantment of aging. *Journal of AgingStudies*, 15(4), 317-331.
8. Kasthoori, R. (1996). Problems of the aged: A sociological study. New Delhi:Uppal Publication.
9. Kohili, A.S. (1996). Social situation of the aged in India. New Delhi: AnmolPublication.



**MDP Home Science ( Human Development) Fourth Semester  
Elective**

**Syllabus for the examination to be held in May 2023, 2024 and 2025.**

**C.No: PSHSTE 414**

**Title: Adulthood and Ageing**

10. Kumashiro, M. (2000). Ergonomics strategies and actions for achieving productive use of an ageing work-force. *Ergonomics*, 43(7), 1007-1018.
11. Kumar, Y., & Bhargava, A. (2014). Elder Abuse in Indian families: Problems and Preventive Actions. *International Journal of Scientific and Research Publications*, 4(10), 1-8.
12. Lamb, S. E. (Ed.). (2012). *Ageing and the Indian diaspora: Cosmopolitan families in India and abroad*. Orient Blackswan Private Ltd.
13. Pinto, M. R., De Medici, S., Van Sant, C., Bianchi, A., Zlotnicki, A., & Napoli, C. (2000). Technical note: Ergonomics, gerontechnology, and design for the home-environment. *Applied Ergonomics*, 31(3), 317-322.
14. Prigerson, H. G., & Maciejewski, P. K. (2008). Grief and acceptance as opposite sides of the same coin: setting a research agenda to study peaceful acceptance of loss. *The British Journal of Psychiatry*, 193(6), 435-437.
15. Minios, G. (1989). *History of old age: From antiquity to renaissance*. U.K.: Policy Press.
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17. Scharlach, A., Damron-Rodriguez, J., Robinson, B., & Feldman, R. (2000). Educating social workers for an aging society: A vision for the 21<sup>st</sup> century. *Journal of social work education*, 36(3), 521-538.
18. Soneja, S. (2001). *Elder Abuse in India. Report for the World Health Organization*. (www.who.int)
19. Stoller, E.P. and Gibson, R.C. (1997). *Worlds of differences: Inequality in the aging experience*. California : Pine Gorge Press.
20. Treas, J., & Mazumdar, S. (2002). Older people in America's immigrant families: Dilemmas of dependence, integration, and isolation. *Journal of Aging Studies*, 16(3), 243-258.
21. Menopause status of lower class middle-aged women—WSRC
22. Situation of Elderly in India: some gender differences—WSRC
23. [www.who.int](http://www.who.int)
24. Whitbourne, Susan Krauss (2008). *Adult Development and Aging: Biopsychosocial Perspectives*, 3rd edition. Hoboken, NJ: Wiley and Sons.
25. Charles, Susan T., ed. (2009). *Current Directions in Adulthood and Aging*. New York: Pearson.
26. Harry Moody & Jennifer Sasser (2014). *Aging: Concepts and Controversies*; 8<sup>th</sup> edition. Sage Publications. Thousand Oaks, CA.



**MDP Home Science ( Human Development) Fourth Semester  
Elective**

Syllabus for the examination to be held in May 2023, 2024 and 2025.

C.No: PSHSTE 415

Title: Management of Institutions

Credits: 4

Max Marks: 100

Duration of Minor Tests: 1.5 hrs

Minor I&II: 20 & 20

Duration of Major Test: 3 hrs

Major Test: 60

Teaching Periods: 4/week

Syllabus for the examination to be held in May 2023, 2024 and 2025.

**Objectives:**

1. *To understand the basic concepts of management.*
2. *To understand the purpose, scope and challenges in the management of institutions.*
3. *To study the various techniques of management.*
4. *To study the process and strategies for monitoring and evaluation of institutions.*

**Unit I Nature, Purpose and significance of Management**

1.1 Management: Introduction, Meaning and Definition of Management

1.2 Characteristics of Management

1.3 Levels of Management.

1.4 Significance of Management.

**Unit II The crucial Managerial dimensions**

2.1 Principles of Management

2.2 Planning, organizing, staffing, Directing, Co-ordinating, Controlling.

2.3 Personal management: Meaning, scope and functions of personal management.

2.4 Recruitment, selection and training.

**Unit III Institutional Management**

3.1 Institutional management: Definition and characteristics

3.2 Organizational structure: Introduction, features of a good organization structure.

3.3 Managerial skills and organizational hierarchy: Technical skills, Human skills, conceptual skills and design skills.

3.4 Need and importance of community participation in child and family welfare institutions.

**MDP Home Science ( Human Development) Fourth Semester  
Elective**

**Syllabus for the examination to be held in May 2023, 2024 and 2025.**

**C.No: PSHSTE 415**

**Title: Management of Institutions**

**Unit IV Monitoring and evaluation of Institutions**

- 4.1 Meaning, scope and steps in monitoring and evaluation.
- 4.2 Types of evaluation: formative, summative and ex-post, internal and external evaluation.
- 4.3 Techniques of evaluation: PERT, SWOT and MIS.
- 4.4 Monitoring and evaluation of family and child welfare institutions with special reference to Child Care Institutions, MLTC's, Educational Institutions like Preprimary and Primary Educational Institutions, special Schools, Residential Schools.

**Note for Paper Setting:**

**For Minor I ( Upto 25% syllabus, after 30 days) and II ( Upto 50% syllabus, after 60 days), the weightage of each test will be of 20 marks.**

- e) **Section A:** *Two* short answer questions, at least, to be attempted. ( 2×5=10)
- f) **Section B:** *Five* compulsory very short answer questions/objectives to be attempted

**(5×2=10)**

**For Major Test (Upto 100% syllabus, after 90 days)**

- e) **Section A:** *Three* short answer questions each will be set from Unit III and IV. All short answer questions to be attempted. Each question will carry 04 marks. (6×4=24)
- f) **Section B:** Three long answer questions in all to be attempted selecting at least one question from each unit. Each question will carry 12 marks. Q1 and Q2 will be from Unit I and Unit II, the candidate will be required to attempt one question from these. Two questions each will be set from the Unit III and Unit IV, having internal choice.

**( 3×12=36)**

**References :**

1. Chandra, P.( 1995). Projects - Planning, Analysis, Selection, Implementation and Review. New Delhi: Tata McGraw.
2. Jayakaran, R. L. (1996) Participatory Learning and Action: User's guide and Manual. Madras: World Vision India.
3. Hildbrand, U. (1984). Mangement of Child Development Centers. New York: Collier Macmillan Publishing.
4. Dale, R. (2004) Evaluating Development Programmes and Project. New Delhi: Sage Publications.
5. Rossi, Peter H. and Howard E. Freeman (1993). Evaluation: A Systematic Approach. Newbury Park, California: Sage Publications (5<sup>th</sup> edition).
6. Mukherjee, Amitava. (2004). Participatory Learning and Action. New Delhi: Concept Publishing Company.

**MDP Home Science ( Human Development) Fourth Semester  
Elective**

Syllabus for the examination to be held in May 2023, 2024 and 2025.

C.No: PSHSTE 417

Title: Developmental Stimulation

Credits: 4

Max Marks: 100

Duration of Minor Tests: 1.5 hrs

Minor I&II: 20 & 20

Duration of Major Test: 3 hrs

Major Test: 60

Teaching Periods: 4/week

Syllabus for the examination to be held in May 2023, 2024 and 2025.

**Objectives:**

1. *To enrich the students regarding the importance of Development Stimulation for Well Being and life-long learning.*
2. *To enrich the students regarding Early Childhood Skill Development through use of teaching learning material.*

**Unit I Development and its Process**

- 1.1 Understanding the process of Human development.
- 1.2 Development and abilities during early childhood years.
- 1.3 Adaption strategies to cultural setting and practices, optimal and non-optimal growth.
- 1.4 Development in 'at risk' conditions

**Unit II Stimulation**

- 2.1 Stimulation- definition, importance of stimulating environment.
- 2.2 Early experiences and developmental consequences
- 2.3 Family and Environmental stimulation.

**Unit III Early interactions**

- 3.1 A beginning in attachment foundation.
- 3.2 Course of attachment, Dyadic vs multi caring
- 3.3 Role of father in foundation of attachment
- 3.4 Supportive care- role of grandparents , child care centers

**Unit IV Intervention and stimulation programmes/activities**

- 4.1 Need and rationale for Intervention and stimulation programmes/activities
- 4.2 Early development stimulation activities to nurture holistic development activities for physical development , social and emotional development , language development, cognitive development.
- 4.3 Traditional methods , games, songs for early childhood care and stimulation.

**MDP Home Science ( Human Development) Fourth Semester  
Elective**

Syllabus for the examination to be held in May 2023, 2024 and 2025.

C.No: PSHSTE 417

Title: Developmental Stimulation

**Note for Paper Setting:**

**For Minor I ( Upto 25% syllabus, after 30 days) and II ( Upto 50% syllabus, after 60 days), the weightage of each test will be of 20 marks.**

- g) **Section A:** *Two* short answer questions, at least, to be attempted. ( 2×5=10)
- h) **Section B:** *Five* compulsory very short answer questions/objectives to be attempted

(5×2=10)

**For Major Test (Upto 100% syllabus, after 90 days)**

- g) **Section A:** *Three* short answer questions each will be set from Unit III and IV. All short answer questions to be attempted. Each question will carry 04 marks.

(6×4=24)

- h) **Section B:** Three long answer questions in all to be attempted selecting at least one question from each unit. Each question will carry 12 marks. Q1 and Q2 will be from Unit I and Unit II, the candidate will be required to attempt one question from these. Two questions each will be set from the Unit III and Unit IV, having internal choice.

( 3×12=36)

**References:**

1. Mukherjee, D. and Nair, MKC.(2008).Growth And Development. Jaypee Keenan,
2. Thomas and Evens Subhadra (2012). An introduction to Child Development:2<sup>nd</sup> Edition.Sage.
3. Johnston, Jane and Nahmad Williams, Lindy .(2010). Early Childhood Studies. Sage
4. Keenan, Thomas. (2002). An introduction to Child Development. Sage.
5. Merch, Jean. (2010). Child Development, Myths and Misunderstanding. Sage Publications
6. Jaswal, S., Nanda, P, and Roy, S.(1997). Toy Box: Guide to Creative Toy Making. Asia Visions.
7. Mary and Gupta, D.(2007). Low Cost, No Cost Teaching Aids. National Book Trust, India.
8. Swaminathan, M and Daniel, P. (2004). Play Activities For Child Development. National Book Trust, India.

**MDP Home Science ( Human Development) Fourth Semester  
Elective**

Syllabus for the examination to be held in May 2023, 2024 and 2025.

**C.No: PSHSTE 431**

**Title: Guidance and Counseling in Human Development**

**Credits: 4**

**Max Marks: 100**

**Duration of Minor Tests: 1.5 hrs**

**Minor I&II: 20 & 20**

**Duration of Major Test: 3 hrs**

**Major Test: 60**

Teaching Periods: 4/week

Syllabus for the examination to be held in May 2023, 2024 and 2025.

**Objectives:**

- 1 *To understand the need for guidance and counselling in Human Development*
- 2 *To introduce basic concepts in guidance and counseling*
- 3 *To acquire the skills necessary to administer and interpret standardized tools.*
- 4 *To know the qualities required for a good counselor.*

**Contents:**

**Unit I Introduction to Guidance and Counselling**

- 1.1 Guidance and Counseling: Meaning, scope, purpose, goals and principles. Historical Perspective.
- 1.2 Types of Guidance: Educational, Vocational and Personal (Meaning and Need).
- 1.3 Types of Counselling: Crisis, Facilitative, Preventive and Developmental Counseling. Individual and Group Counselling: Merits and limitations.

**Unit II Counselling Process, Techniques and practices**

- 2.1 The Counselling Process: Characteristics, Approaches, Conditions, Dimensions and aspects.
- 2.2 Techniques of collecting information: Testing and Non-Testing(Briefly).
- 2.3 Counselling Services : Child Guidance Centres, School and Career Counselling Services, Couple and Family Counseling

**Unit III Counselling: Theory and Practice**

- 3.1 Affective theories of counseling: Psychoanalysis, Adlerian Counseling, Transactional Analysis. Client-Centred Therapy.
- 3.2 Cognitive and Behavior Theories of counseling: Trait and Factor theory, Rational Emotive Therapy, Behavioral Counseling and Reality Therapy.

**MDP Home Science ( Human Development) Fourth Semester  
Elective**

**Syllabus for the examination to be held in May 2023, 2024 and 2025.**

**C.No: PSHSTE 431**

**Title: Guidance and Counseling in Human Development**

**Unit IV Self Reflections and orientation of the counselor**

- 4.1 Qualities , Core skills of counselling: genuineness, empathy, and positive regard.
- 4.2 Skills and competencies of counselor
- 4.3 Ethical issues in counseling, Limitations and Professional Growth of Counseling

**Note for Paper Setting:**

**For Minor I ( Upto 25% syllabus, after 30 days) and II ( Upto 50% syllabus, after 60 days), the weightage of each test will be of 20 marks.**

- i) **Section A:** *Two* short answer questions, at least, to be attempted. ( 2×5=10)
- j) **Section B:** *Five* compulsory very short answer questions/objectives to be attempted

(5×2=10)

**For Major Test (Upto 100% syllabus, after 90 days)**

- i) **Section A:** *Three* short answer questions each will be set from Unit III and IV. All short answer questions to be attempted. Each question will carry 04 marks. (6×4=24)
- j) **Section B:** Three long answer questions in all to be attempted selecting at least one question from each unit. Each question will carry 12 marks. Q1 and Q2 will be from Unit I and Unit II, the candidate will be required to attempt one question from these. Two questions each will be set from the Unit III and Unit IV, having internal choice.

( 3×12=36)

**References:**

1. Burnard,P.(1999).Counselling skills training.New Delhi.Viva Books.
2. Chaturvedi,R.(2007)Guidance and Counselling skills New Delhi: Crescent Publishing corporation.
3. Chaturvedi,R.(2007).Group Guidance and Counselling Nedw Delhi:Crescent Publishing Corporation.
4. Jena,S.P.K.(2008).Behaviour Therapy-Techniques, Research and Applications.Sage Publications.
5. Kaplan,R.M. and Saccuzzo,D.P.(2007).Psychological Testing:Principles,Applications and Issues (6th Edition) Haryana:Sanat Printers
6. Pietrofesa,Hoffman & Splete (1994) Counsey- an intro(2nd Edt.)Houghton Mifflin Company:USA
7. Miller,D.F.(2009).Positive Child Guidance(5th Edt.)Thomson-Delmar learning:US
8. Kaila,H.C.(2006) Counselling Psychology, New Delhi: Associated Publishers.
9. Swami, S. and Swami, S.(2013). Counselling Methods and Techniques, New Delhi black Prints.



**MDP Home Science ( Human Development) Fourth Semester  
Elective**

**Syllabus for the examination to be held in May 2023, 2024 and 2025.**

10. Nelson-Jones, R.(2011).Theory and Practice of Counselling and Therapy(5th Edt.).  
New Delhi: Sage Publications India Pvt. Ltd

**C.No: PSHSTE432**

**Title: Assessment, Intervention and Inclusion of PwD**

**Credits: 4**

**Duration of Minor Tests: 1.5 hrs**

**Duration of Major Test: 3 hrs**

**Max Marks: 100**

**Minor I&II: 20 & 20**

**Major Test: 60**

Teaching Periods: 4/week

Syllabus for the examination to be held in May 2023, 2024 and 2025

**Objectives:**

1. *To learn about the various concepts related to the assessment of disabilities*
2. *To understand ways of empowering families of PwD*
3. *To learn about the philosophy of inclusive education*
4. *To understand the concept, principles and relevance of early intervention*
5. *To get acquainted to the various intervention strategies for PwD*

**Contents**

**Unit I Understanding Assessment**

1.1 Screening, diagnosis & assessment: Concept and Definition

1.2 Diagnostic criteria: DSM-IV, DSM-V, ICD-10; Formal and Informal Assessment

1.3 Developmental delays and their identification

1.4 Tools for Assessment- Interview, Observation and Psychological Assessment

1.5 Ethical Issues related to assessment of Disabilities

**Unit II Supporting Families of Persons with Disabilities**

2.1 Effect of disability on family members, friends and the self

2.2 Family reactions and adaptations to having a child with disability

2.3 Coping strategies and resilience with reference to families with special children

2.4 Collaborating with parents & families

2.5 Parental empowerment: training of parents, formation of support groups, parent networks



**MDP Home Science ( Human Development) Fourth Semester  
Elective**

**Syllabus for the examination to be held in May 2023, 2024 and 2025.**

2.6 Advocacy and attitude building

**C.No: PSHSTE432**

**Title: Assessment, Intervention and Inclusion of PwD**

**Unit III Philosophy of Inclusion**

- 3.1 Inclusive Education a rights based model
- 3.2 Principles of Special education and Inclusive Education
- 3.3 Aims, objectives and functions of special education and inclusive education
- 3.4 Role of special schools and special teachers/educators in facilitating inclusive education
- 3.5 Recent trends in Indian Education and special education and inclusive education

**Unit IV Intervention Strategies**

- 4.1 Meaning and importance of Early Childhood Intervention
- 4.2 Principles of Effective Early Intervention.
- 4.3 Nature and Scope of Intervention strategies - Behaviour Management, Technological assistance for children with disabilities: Adaptive and Assistive devices
- 4.4 Therapies for Special children- Physical, Occupational and Speech Therapy
- 4.5 Vocational guidance, training, avenues and perspectives

**Note for Paper Setting:**

**For Minor I ( Upto 25% syllabus, after 30 days) and II ( Upto 50% syllabus, after 60 days), the weightage of each test will be of 20 marks.**

- k) **Section A:** *Two* short answer questions, at least, to be attempted. **(2×5=10)**
- l) **Section B:** *Five* compulsory very short answer questions/objectives to be attempted

**(5×2=10)**

**For Major Test (Upto 100% syllabus, after 90 days)**

- k) **Section A:** *Three* short answer questions each will be set from Unit III and IV. All short answer questions to be attempted. Each question will carry 04 marks.  
**(6×4=24)**
- l) **Section B:** Three long answer questions in all to be attempted selecting at least one question from each unit. Each question will carry 12 marks. Q1 and Q2 will be from Unit I and Unit II, the candidate will be required to attempt one question from these. Two questions each will be set from the Unit III and Unit IV, having internal choice.

**( 3×12=36)**

**MDP Home Science ( Human Development) Fourth Semester  
Elective**

**Syllabus for the examination to be held in May 2023, 2024 and 2025.**

**C.No: PSHSTE432**

**Title: Assessment, Intervention and Inclusion of PwD**

**References:**

1. Albrecht, G.L., Seelman, K.D. & Bury (2001). Handbook of disability studies. Sage Publications.
2. Alur, M. (2009). Inclusive education across cultures. Sage Publications.
3. Batshaw, M.L. (1997). Children with Disabilities. Washington: Paulh Brookers Publishing Co.
4. Crutchley, R. (2018). Special needs in the early years: Partnership and Participation. Sage Publications
5. Dharmarajan, S. (2014). Special Education Management for Persons with Disabilities & Disorders. Kanishka Publications: New Delhi.
6. Fialka, J.M., Arlene, K., Feldman, C., & Mikees, C.K. (2012). Parents and professionals partnering for children with disabilities. Sage Publications.
7. Grant (2005). Disability a life cycle approach to valuing people. Open University Press, London.
8. Heward, W.L. (2000). Exceptional children (6th Edition). Prentice Hall Inc: NJ.
9. Peer, L. (2016). Special Educational Needs (2nd Edition). Sage Publications.
10. Rastogi, K. (2013). Special Equipment for Disability. Arise Publishing & Distributors: Delhi.
11. Singh, J.P. (2005). Disability development in India. Kanishka Publications: New Delhi.
12. Wilmshurst, L. & Brue, A.W. (2018). The complete guide to special education (3rd Edition). Routledge.

**MDP Home Science ( Human Development) Fourth Semester  
Elective**

Syllabus for the examination to be held in May 2023, 2024 and 2025.

**C.No: PSHSSC418**

**Title: Internship in an applied Setting/Program**

**Credits: 8**

**Classes /week: 12**

**Max Marks: 200**

**Internal Evaluation:100**

**External Evaluation:100**

Syllabus for the examination to be conducted in May 2022, May 2023 and May 2024.

**Objectives:**

1. *To understand the following with reference to an agency working in the area of human intervention: administrative structures and functions, financial structures/sources, and supervisory responsibilities and roles at different levels.*
2. *To participate in the ongoing activities or field level programs for an extended period of time to be able to relate theory and practice effectively.*
3. *To understand the scope and role of a Human Development worker in a specified setting by observation and critical evaluation of agency and programme.*
4. *To explore new avenues for employment for an Human Development professionals.*

**Contents:**

**\*Unit I                      Exploring various settings/agencies/programs of Human Intervention (any three as per the selected Electives)                      3 Credits  
(1 Credit each)**

**C.No. 413                      *Education for Human Development***

a) *To study specific function of schooling in Jammu*

*Or*

b) *To study innovative practices in education in the local context.*

**C.No. 414                      *Adulthood and Ageing***

a) *Using different techniques to study the Health and Well being among adults or aged, in family or institutional settings*

**C.No. 415                      *Management of Institutions***

a) *Visit any two child care institutions and collect the following information.*

i) *Structure of management followed in the institution.*

ii) *Rules and regulation of institution about the roles and responsibilities of people in the institution at different levels.*



**MDP Home Science ( Human Development) Fourth Semester  
Elective**

Syllabus for the examination to be held in May 2023, 2024 and 2025.

**C.No. 417 *Developmental Stimulation***

- a) Preparation of stimulation material for Physical, Cognitive, Language, Social and Emotional development.

**C.No: PSHSSC418**

**Title: Internship in an applied Setting/Program**

**C.No.431 *Guidance and Counseling in Human Development***

- a) To interact with the practicing counsellor for knowing the various ethical issues in counseling/steps involved in counseling interview.

**C.No. 432 *Assessment and Intervention and Inclusion of PwD.***

- a) To conduct interviews with exceptional individuals and their families to understand the coping mechanisms adopted.  
or  
b) To conduct an empowerment program for children with Special Needs and their parents.

**Maintaining individual Files or Portfolios**

**Unit IInd - IVth      The candidate is required to maintain individual Files  
or Portfolios**

**5 Credit**

**Unit II    Developing an Intervention/Internship Plan and Aids**

- 2.1    Participation in ongoing field level programs of the selected agency/institution/organization  
2.2    Developing an intervention plan based on the identified needs and requirements.  
2.3    Preparing relevant Material (Teaching-Learning Aids, Sensory Aids, Instructional material etc.)

**Unit III    Execution of the Intervention plan/Internship plan.**

- 3.1    Implementing the planned program in the identified setting.  
3.2    Usage of the prepared material.  
3.3    Periodic Monitoring and Evaluation of the executed plan/program/Intervention.  
3.4    Feedback from the stakeholders about the efficiency and efficacy of the program/Intervention

**Unit IV    Post Placement Activities.**

- 4.1    Preparing a detailed placement report based on the specific outline.  
4.2    Presentation of a group seminar at the end of placement for sharing experience with staff and students of Human Development.

**MDP Home Science ( Human Development) Fourth Semester**  
**Open Elective**  
Syllabus for the examination to be held in May 2023, 2024 and 2025

**C.No: PSHSTO 433**

**Title: Mental Health of Adolescents and Youth**

**Credits: 4**

**Duration of Minor Tests: 1.5 hrs**

**Duration of Major Test: 3 hrs**

**Max Marks: 100**

**Minor I&II: 20 & 20**

**Major Test: 60**

Teaching Periods: 4/week

Syllabus for the examination to be held in May 2023, 2024 and 2025

**Objectives:**

1. *To understand the basic concepts related to health and mental health.*
2. *To understand the importance of mental health during adolescence and youth.*
3. *To develop skills for promoting mental health issues in the community and sensitizing its members.*
4. *To develop skills in organizations of mental health program for schools and individuals.*

**Unit I Mental Health**

- 1.1 Mental Health: Health and Mental Health, Concepts and importance of Mental Health in holistic health; concept of well being and happiness, Gross National Happiness.
- 1.2 National Mental Health Policy, Rashtriya Kishor Swasthya Karyakram.
- 1.3 Youth Development Index and India.
- 1.4 Stress and its relation to mental health: Definition, basic nature, causes, symptoms, identification and consequences.

**Unit II Mental Health During Adolescence and Youth**

- 2.1 Mental Health needs of adolescents and youth, work life balance, needs of sense of identity, autonomy, individualisms, familism.
- 2.2 Problems related to physical appearance, development, relationships, sexuality, parent- adolescents conflict, school authority-adolescent conflict, peer pressure.
- 2.3 Parenting Youth
- 2.4 School mental health programs- Need for mental health programs for identification and intervention, improving school climate, importance of sensitization and involvement of Administrators and Teachers in mental health aspects.



**MDP Home Science ( Human Development) Fourth Semester**  
**Open Elective**  
Syllabus for the examination to be held in May 2023, 2024 and 2025

**C.No: PSHSTO 433**

**Title: Mental Health of Adolescents and Youth**

**Unit-III Mental Health During Youth and Adulthood**

- 3.1 Emerging Adulthood: Mental health problems of youth and adults, Life events that cause stress (e.g separation due to death, migration etc.), risk behaviors, self harm, Daily Stressors Assessment.
- 3.2 Youth Depression, Life satisfaction.
- 3.3 Family Stress: Stressor events in families: Poverty, violence, substance abuse, health problems, stressful life events and environmental events, impact of mental health on familial and career well-being
- 3.4 Youth Engagement and Positive Youth Development.

**Unit IV Mental Health Interventions and Stress Management**

- 4.1 Guidance and Counselling of adolescents, parents and significant adults, orientation programs for teachers on behavior problems in class room.
- 4.2 Coping and Adaption: Meaning, coping strategies- Internal and External, Dysfunctional coping strategies, Resilience, self efficacy, spiritualism and traditional healing.
- 4.3 Management of Stress: Stress management skills, counseling mindfulness, training in relaxation, yoga, meditation, Life skills education for psychological competence.

**Note for Paper Setting:**

**For Minor I ( Upto 25% syllabus, after 30 days) and II ( Upto 50% syllabus, after 60 days), the weightage of each test will be of 20 marks.**

- a) **Section A:** *Two* short answer questions, at least, to be attempted. ( 2×5=10)
- b) **Section B:** *Five* compulsory very short answer questions/objectives to be attempted

(5×2=10)

**For Major Test (Upto 100% syllabus, after 90 days)**

- a) **Section A:** *Three* short answer questions each will be set from Unit III and IV. All short answer questions to be attempted. Each question will carry 04 marks. (6×4=24)
- b) **Section B:** Three long answer questions in all to be attempted selecting at least one question from each unit. Each question will carry 12 marks. Q1 and Q2 will be from Unit I and Unit II, the candidate will be required to attempt one question from these. Two questions each will be set from the Unit III and Unit IV, having internal choice. ( 3×12=36)

**MDP Home Science ( Human Development) Fourth Semester  
Open Elective**

Syllabus for the examination to be held in May 2023, 2024 and 2025

**C.No: PSHSTO 433**

**Title: Mental Health of Adolescents and Youth**

**References:**

1. Barry, P.D.(1990).Mental Health and Mental Illness (4<sup>th</sup> Ed.).Philadelphia: J.B.Lippincott Co.
2. Bono. E.de (1991) Handbook for the Positive Revolution. London: Penguin Publication.
3. Carter,F. & Cheesman, P. (1988). Anxiety in childhood & adolescence-encouraging self- help through relaxation training. London: Croom Helm.
4. Goleman, D.(1996) Emotional Intelligence. N.Y.Bantam Books.
5. Gopalkrishnan, N.(1994). Mental health and You.Mumbai: Popular Prakashan.
6. Govt. of India. Ministry of Health & Family Welfare. (1982). National Mental Health Program for India.
7. Graham, P.J. Jegede, R.O., Kapur, M, Minde, C., Nikapota, A.P. & Sell, H.L. (1993). A manual on child mental health and psychological development.Part II, for primary health workers. New Delhi: WHO.
8. Graham, P.J. Jegede, R.O., Kapur, M, Minde, C., Nikapota, A.P. & Sell, H.L. (1993). A manual on child mental health and psychological development.Part III, for teachers. New Delhi: WHO.
9. Kapur M(1998) Mental health in Indian Schools.New Delhi: Sage Publications.

**MDP Home Science ( Human Development) Fourth Semester**  
**Open Elective**  
Syllabus for the examination to be held in May 2023, 2024 and 2025

**C.No: PSHSTO 434**

**Title: Dynamics of Family & Society**

**Credits: 4**

**Duration of Minor Tests: 1.5 hrs**

**Duration of Major Test: 3 hrs**

**Max Marks: 100**

**Minor I&II: 20 & 20**

**Major Test: 60**

Teaching Periods: 4/week

Syllabus for the examination to be held in May 2023, 2024 and 2025

**Objectives:**

- 1 *To understand the position of families with in socio-cultural context*
- 2 *To understand variations in family life patterns*
- 3 *To get oriented to current issues and concerns related to families*
- 4 *To familiarize students with developmental perspective in family life cycle.*
- 5 *To build a conceptual framework in reaching the higher levels of standards that can help to strengthen the marital relationships*

**Unit I An overview of Family in Socio-cultural context**

- 1.1 Family :Meaning, characteristics and functions
- 1.2 Family as an evolving and dynamic institution
- 1.3 Family structure: Joint/Nuclear and Extended families
- 1.4 Alternate families:Single parent, childless, the Blended family, foster care and the adopting family.

**Unit II Trends and Issues related to marriage and family**

- 2.1 Marriage : concept, characteristics and effects of modernization on marriage
- 2.2 Kinship: Concept, Types, usages and roles
- 2.3 Family disorganization:Meaning, Types of conflicts and resolving conflicts
- 2.4 Divorce, factors contributing to divorce and effects of divorce
- 2.5 Remarriage, Adjustment to step families.

**Unit III Marital and Family Counselling.**

- 3.1 Premarital guidance and counseling
- 3.2 Marriage counseling, family counseling
- 3.3 Criteria for successful Marital adjustment, conditions contributing to difficulties in marital adjustment
- 3.4 Necessities for a happy married life.



**MDP Home Science ( Human Development) Fourth Semester**  
**Open Elective**  
Syllabus for the examination to be held in May 2023, 2024 and 2025

C.No: PSHSTO 434

Title: Dynamics of Family & Society

**Unit IV Important domains in the study of family and Society-Culture and Personality**

- 4.1 Society: Structure-Rural, urban and modern society and its influence on family
- 4.2 Socialization: Concept, role of family in the transformation of child into a member of society
- 4.3 Basic concepts in the study of culture; Definition, Cultural traits, culture and civilization, customs, laws, conventions, folkways, mores.
- 4.4 Personality: Factors affecting personality, Personality and Society

**Note for Paper Setting:**

**For Minor I ( Upto 25% syllabus, after 30 days) and II ( Upto 50% syllabus, after 60 days), the weightage of each test will be of 20 marks.**

- c) **Section A:** *Two* short answer questions, at least, to be attempted. (2×5=10)
- d) **Section B:** *Five* compulsory very short answer questions/objectives to be attempted

(5×2=10)

**For Major Test (Upto 100% syllabus, after 90 days)**

- c) **Section A:** *Three* short answer questions each will be set from Unit III and IV. All short answer questions to be attempted. Each question will carry 04 marks. (6×4=24)
- d) **Section B:** Three long answer questions in all to be attempted selecting at least one question from each unit. Each question will carry 12 marks. Q1 and Q2 will be from Unit I and Unit II, the candidate will be required to attempt one question from these. Two questions each will be set from the Unit III and Unit IV, having internal choice. (3×12=36)

**References:**

1. Adams, B.N.(1975). The Family, A Sociological interpretation Chicago; Rand Mc. Nill,
2. Ahuja, R.(2006).Indian Social System (2<sup>nd</sup> Edition), Jaipur Rawat.
3. Bharat, S.(1996). Family measurement in India.New Delhi; Sage Publications.
4. Colemar,J.C.(1988) Intimate Relationships: Marriage and Family Patterns: N.Y.Macmillian.
5. Coor, R(1975). Family: Its structure and functions. New York. Macmillian.
6. Hoover, H.M & Hoover, H.K. (1979). Concepts and Methodologies in family: An instructor's resource handbook. Boston: Allyn and Bacon.
7. Lock, S.L.(1992). Sociology of the Family.London prentice Hall.

**MDP Home Science ( Human Development) Fourth Semester**  
**Open Elective**  
Syllabus for the examination to be held in May 2023, 2024 and 2025

**C.No: PSHSTO 434**

**Title: Dynamics of Family & Society**

8. Ratra, A, Kour, P. & Chhikara, S. (2006).Marriage and family in Diverse & changing Scenario Deep and Deep Publications Pvt. Ltd.
9. Seixan, R(1993).Family studies in India. Appraisal and NDW
10. Directions in T.S.Saraswati and B.Kour (Eds.). Human Development and Family Studies in India. An agenda for research and policy, new Delhi: Sage
11. Ingoldsby, B.Smith, R & Miller, E.(2004).Exploring Family theories, Roxbury Publishing Company, Los Angeles.

**MDP Home Science ( Human Development) Fourth Semester  
Open Elective**

Syllabus for the examination to be held in May 2023, 2024 and 2025

**C.No: PSHSTO435**

**Title: Child and Human Rights**

**Credits: 4**

**Duration of Minor Tests: 1.5 hrs**

**Duration of Major Test: 3 hrs**

**Max Marks: 100**

**Minor I&II: 20 & 20**

**Major Test: 60**

Teaching Periods: 4/week

Syllabus for the examination to be held in May 2023, 2024 and 2025

**Objectives:**

1. *To develop awareness and perspective of human rights*
2. *To develop sensitivity to human rights with specific reference to child rights.*
3. *To develop awareness about women rights.*

**Contents:**

**Unit I Human Rights**

- 1.1 Rights and its meaning; Concept of Human rights-Indian and International Perspectives.
- 1.2 Evolution of Human Rights; Classification of Human Rights
- 1.3 Human Rights in International Law: UDHR , International Convention on Civil and Political Rights, International Convention on Economic, Social and Cultural Rights Advocacy of Human Rights.
- 1.4 Institution for Implementation of Human Rights: National human Rights Commission(NHRC)

**Unit II Child Rights**

- 2.1 Concept of Child Rights-Meaning, Need and Importance ; Evolution of Child Rights
- 2.2 Rights Based Approach and its importance; Child Rights within the Framework of Human Rights
- 2.3 United Nation Convention on the Rights of Children( UNCRC) and it's Optional protocols.
- 2.4 Role of United Nations Convention on Child Rights Committee



**MDP Home Science ( Human Development) Fourth Semester**  
**Open Elective**  
Syllabus for the examination to be held in May 2023, 2024 and 2025

C.No: PSHSTO435

Title: Child and Human Rights

**Unit III Status of Indian children and their Rights**

- 3.1 Constitutional status of children.
- 3.2 Demographic distribution of children in India
- 3.3 Gender disparities-Infanticide, Foeticide, Girl Child
- 3.4 Children in difficult circumstances- children of prostitutes, Child Prostitutes, Child Labour, Street Children, Refuge Children and Child victims of war, Children with special needs.

**Unit IV Women and their Rights**

- 4.1 Women rights : Importance and historical evolution: Women and Human Rights
- 4.2 Constitutional status of women in India.
- 4.3 Forms of violation of Women rights- crime against women, violence against women in home, Workplaces and society, Sexual Harassment, rape, Health and Nutrition based Deprivations, , political discrimination.
- 4.4 Convention on the Elimination of All Forms of Discrimination Against Women(CEDAW)

**Note for Paper Setting:**

**For Minor I ( Upto 25% syllabus, after 30 days) and II ( Upto 50% syllabus, after 60 days), the weightage of each test will be of 20 marks.**

- e) **Section A:** *Two* short answer questions, at least, to be attempted. ( 2×5=10)
- f) **Section B:** *Five* compulsory very short answer questions/objectives to be attempted

(5×2=10)

**For Major Test (Upto 100% syllabus, after 90 days)**

- e) **Section A:** *Three* short answer questions each will be set from Unit III and IV. All short answer questions to be attempted. Each question will carry 04 marks. (6×4=24)
- f) **Section B:** *Three* long answer questions in all to be attempted selecting at least one question from each unit. Each question will carry 12 marks. Q1 and Q2 will be from Unit I and Unit II, the candidate will be required to attempt one question from these. Two questions each will be set from the Unit III and Unit IV, having internal choice. (3×12=36)

**MDP Home Science ( Human Development) Fourth Semester  
Open Elective**

Syllabus for the examination to be held in May 2023, 2024 and 2025

**C.No: PSHSTO435**

**Title: Child and Human Rights**

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