**Bharati College**

 **(University of Delhi)**

Janak Puri, Delhi- 100058

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**Lesson Plan (CORE, Semester I, July to November2022)**

| **Name of Teacher** | Swati Bawa Sawhney | **Department** | Human Development and Family Empowerment |
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| **Course** | B.A Prog | **Semester** | V |
| **Paper** | Care and Well-being in Human Development | **Academic Year** | 2022 |
| **Learning Objectives** |
| * To understand the need and importance of care and well-being in human development.
* To gain knowledge and understanding of policies, services and programmes of health for all
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| **Learning Outcomes** |
| * Define key concepts in the discourse on child rights
* Discuss factors and experience that promote well-being
* Realize the significance of wellbeing at different life stages
* Become aware of services and schemes to promote well-being throughout the life span
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| **Lesson Plan** |
| **Week No.** | **Theme/Curriculum** | **Any Additional Information** |
| Week 1 -Week 4 | **Unit I- Care and Human Development*** Definition, concepts & relevance of care
* Vulnerable periods in life that require care
* Principles & components of care
 |  Allocation of Assignment I (Last Date 20th  September 2022) |
| Week 5 -Week 9 | **Unit II- Well Being and Human Development** * Concept and well-being—physical, psychological, spiritual
* Factors & experiences that promote well-being of care-givers
 |  Test Scheduled |
| Week 10 – Week 15 | **UNIT III: Care & Well Being at different Stages of Life** * Childhood years
* Adolescence
* Adulthood and old age
* Life crises and well-being at different life stages
 |  Allocation of Assignment II |
| Week 15 – Week 20 | **UNIT IV: Policies, Services and Programmes** * School health programmes: Mid-day meal scheme
* Nutrition & health for all: ICDS scheme
* Importance of counselling & yoga
 |  |
| **References*** IGNOU. (2011). Positive psychology-2, MCFT-006 Applied social Psychology. New Delhi: IGNOU.
* Santrock, J.W. (2007). Life Span development (3rd ed.). New Delhi: Tata McGraw-hill.
* Sapra, R. (Ed.), (2010) child Development: Issues and concerns for the well-being of the

child. Vishwabharti, New Delhi.**Additional Resources*** Seligman, M.E.P. (2002). Authentic happiness: Using the new positive psychology to

realize your potential for lasting fulfilment. New York: free press. * Singhi, P. (1999). Child health & well-being: Psychological care within & beyond

hospital walls. In T.S. Saraswathi (Ed.). Culture, socialization and human development. New Delhi: Sage. * Sriram, R. (2004). Ensuring infant and maternal health in India. In J. Pattnaik (Ed.).

Childhood in south Asia: A critical look at issues, policies and programmes. Conn.USA: Information Age. * Verma, p., Srivastava, D.N. and Singh, A. (1996). Bal manovigyan and bal vikas. Agra:

Agarwal Publication. |
| **Online Resources (If Any)** |  |
| **Assignment and Class Test Schedule for Semester** | Link the assignment and Test (optional) |