**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 | | | | | |
| **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 | | | | | |
| **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) | | | |