**GOVT. P.G. COLLEGE FOR WOMEN, SECTOR-14, PANCHKULA**

**LESSON-PLAN (Session 2024-25) EVEN SEMESTER**

**Name of Teacher**: Mani Narwal

**Designation: Associate Professor**

**Subject/ Paper:Development of Self**

**Class: M.Sc Home Science (Human Development) 4thSem**

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| **S. No.** | **Month** | **Topics to be covered** | **Teaching Learning Strategy** | **Learning Outcomes of Students** | **Remarks if any** |
| 1. | January | Definitions of Development and Self  Linking the individual and the group; self-concept and self esteem.  Approaches to self  Enquiry and introspection. Memories of childhood and their influence. | Group-Learnig& Teaching.  Self-Study.  Peer Teaching | Students will gain insights into the definitions of development and self, exploring self-concept, self-esteem, and the link between individuals and groups. |  |
| 2. | February | The self in the life span  -Significance of birth, role of childhood experiences: changing roles and responsibilities.  -With age; the sense of self at adolescence  Influence of family, peers and school on the development of self esteem Community and culture in relation to the development of self. | Group-Learnig& Teaching.  Self-Study.  Peer Teaching | Students will learn about the role of childhood, adolescence, and life experiences in shaping the self, with a focus on family, peers, community, and cultural influences. |  |
| 3. | March | Gender Identity and the self  -Biological, psychological and cultural aspects of being male and female, stereotypes, beliefs and gender discrimination.  - Cultural and sub cultural differences. | Group-Learnig& Teaching.  Self-Study.  Peer Teaching | Students will understand the biological, psychological, and cultural aspects of gender, examining stereotypes, beliefs, and gender discrimination across cultures. |  |
| 4. | April | Role of spirituality and religion in the development of the self.  Experiences, values, beliefs and attitudes in society.  6. Self | Group-Learnig& Teaching.  Self-Study.  Peer Teaching | Students will explore how spirituality, religion, values, and societal attitudes shape the development of self and identity. |  |

**Seminar/Presentation/Assignment/Quiz/Class Test /Mid-Term Exam will be taken as per schedule.**

**Signature of Teacher Principal**

**GOVT. P.G. COLLEGE FOR WOMEN, SECTOR-14, PANCHKULA**

**LESSON-PLAN (Session 2024-25) EVEN SEMESTER**

**Name of Teacher**: Mani Narwal

**Designation: Associate Professor**

**Subject/ Paper:Mental Health in developmental perspective**

**Class: M.Sc Home Science (Human Development) 4thSem**

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| **S. No.** | **Month** | **Topics to be covered** | **Teaching Learning Strategy** | **Learning Outcomes of Students** | **Remarks if any** |
| 1. | January | Mental Health  • Definition, concept and importance of mental health, holistic health, well being and happiness.  • National Mental Health Program of India (1982)  • Community mental health needs and programmes.  Infancy  • Implication of attachment and bonding for mental health, Maternal Deprivation Syndrome.  • Intervention with families and professionals from allied fields. | Group-Learnig& Teaching.  Self-Study.  Peer Teaching | Students will gain a comprehensive understanding of the concepts, definitions, and importance of mental health, holistic health, well-being, and happiness |  |
| 2. | February | Early Childhood Years  Signs, Causes, Prevention and Management of  feeding problem, aggression,  • withdrawal, problems related to early schooling  Middle Childhood  Signs, Causes, Prevention and Management of  • truancy, school phobia  • Conduct disorder  • Childhood Depression, Child abuse (including child sexual abuse) | Group-Learnig& Teaching.  Self-Study.  Peer Teaching | Students will learn to recognize signs, causes, prevention, and management strategies for various mental health issues across different developmental stages, |  |
| 3. | March | Adolescence  Probem related to sexualty Academic Problems  • Aggression and Substance Abuse  • Depression and Suicide  Adulthood | Group-Learnig& Teaching.  Self-Study.  Peer Teaching | .Students will develop the ability to identify and address mental health problems faced by adolescents and adults |  |
| 4. | April | Mental health problems in the community:  Life events that cause stress e.g. separation due to death, migration etc.  Substances abuse and addiction.  Violence and sexual abuse  Management of stress: counseling, training in relaxation, yoga, meditation. | Group-Learnig& Teaching.  Self-Study.  Peer Teaching | Students will be equipped with skills to engage in community mental health initiatives, collaborate with professionals from allied fields, and implement intervention strategies |  |

**Seminar/Presentation/Assignment/Quiz/Class Test /Mid-Term Exam will be taken as per schedule.**

**Signature of Teacher Principal**