**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 SelfLinking the individual and the group; self-concept and self esteem. Approaches to selfEnquiry 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 adolescenceInfluence 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 YearsSigns, Causes, Prevention and Management offeeding problem, aggression,• withdrawal, problems related to early schoolingMiddle ChildhoodSigns, 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 | AdolescenceProbem related to sexualty Academic Problems• Aggression and Substance Abuse• Depression and SuicideAdulthood | 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 abuseManagement 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**