

**Common Pool of Generic Elective (GE) Courses**  
**Offered by Department of Home Sciences**  
*Category-IV*

**GE HS 001**  
**CARE AND WELLBEING ACROSS THE LIFESPAN**

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course
		Lecture	Tutorial	Practical/ Practice		
CARE AND WELLBEING ACROSS THE LIFESPAN	4	3	0	1	12 <sup>th</sup> Pass	NIL

**Learning Objectives**

1. To understand the concept of care and well-being across the lifespan and talk in context to the current social world.
2. To demonstrate skills to promote well-being of self and others in the society.
3. To gain familiarity of programmes and policy initiatives present on care and wellbeing in India

**Course Outcomes:**

1. The student will be able to develop an understanding of the concept and dimensions of care and wellbeing of individuals in the contemporary social world.
2. The student will acquire knowledge of the many influences on care and wellbeing across human lifespan.
3. The student will build capacity to promote wellbeing of self and society at large.
4. The student will be familiar with program and policy initiatives present on care and wellbeing in India.

**THEORY**  
**(Credits 3; Periods 45)**

<b>Unit I: Care and Human Development</b> Unit Description: The unit offers information about the concept of care across lifespan.	<b>12 Hours</b>
Subtopics: <ul style="list-style-type: none"> <li>● Definition, concepts &amp; relevance of care</li> <li>● Vulnerable periods in life that require care</li> <li>● Principles &amp; components of care</li> <li>● Psychological, social, emotional and spiritual</li> </ul>	

<p><b>Unit II: Well-being and Human Development</b>  Unit Description: The unit provides information regarding the concept of wellbeing across lifespan, life crises and factors and experiences that promote wellbeing in human development.</p>	<b>9 Hours</b>
<p>Subtopics:  <ul style="list-style-type: none"> <li>● Concept of well-being: physical, psychological, spiritual</li> <li>● Life crises and well-being</li> <li>● Factors &amp; experiences that promote well-being</li> </ul> </p>	
<p><b>Unit III: Care and wellbeing: Birth to adolescent years</b>  Unit Description:  The unit focuses on the care and wellbeing from the period before birth up to the adolescent years.</p>	<b>12 Hours</b>
<p>Subtopics:  <ul style="list-style-type: none"> <li>● Antenatal care: maternal, fetal and neonatal care</li> <li>● Care of the young child</li> <li>● Adolescent reproductive health and wellbeing</li> <li>● Community and school health programs</li> <li>● Nutrition and health for all ages</li> </ul> </p>	
<p><b>Unit IV: Care and wellbeing Adulthood and Aging</b>  Unit Description: The unit addresses the care and wellbeing issues of the caregiver, role of the family, health, medical and insurance schemes and provisions for the care of the elderly.</p>	<b>12 Hours</b>
<p>Subtopics:  <ul style="list-style-type: none"> <li>● Adulthood and old age: changing and adapting</li> <li>● Stress, coping strategies and well-being of caregivers</li> <li>● Counselling, yoga and meditation techniques</li> <li>● Institutions, schemes and facilities for older adults</li> </ul> </p>	

**Essential Readings**

1. Daaleman, Timothy & Helton, Margaret (2018). Chronic Illness Care: Principles and Practice: Springer. (Chapters 9- 12 & Chapters 21-27) NICHD Early Child Care Research Network. (2005).
2. Child Care and Child Development: Results From the NICHD Study of Early Child Care. New York: Guildford Press. (Chapters 2-6)
3. Berk, L. (2013). Child development. 9th ed. Boston: Pearson.
4. Ronda C. Talley, Rhonda J. V. Montgomery, Caregiving: A Developmental, Life-Long Perspective, Pages 3-10
5. Ronda C. Talley, Lydia LaGue (2013) Caregiving Across the Lifespan: Research . Practice . Policy, Springer.
6. Santrock, J. W. (2011). Life-span development. New York: McGraw-Hill.

7. Singh, A. (Ed.) 2015. Foundations of Human Development. New Delhi: Tata McGraw- Hill.
8. Markin, L. (2013). Health and Well-Being across Life Course. Sage Publication, Inc. Chapter 2-7
9. Asumadu-Sarkodie, Samuel. (2012). Nutritional Problems and Intervention Strategies in India. (All Chapters)
10. Chao, R.C. (2015). Counselling Psychology: An Integrated Positive Psychological Approach. (Chapter 1-4)
11. Institute of Public Health in Ireland and the Centre for Effective Services (2016) Improving Health and Wellbeing Outcomes in the Early Years: Research and Practice Dublin: Institute of Public Health in Ireland and the Centre for Effective Services. (All Chapters).
12. Kamerman, S.B., PIPPS, S., Ben-Arieh, A. (2010). From Child Welfare to Child Well-Being. Springer Publication. (Chapter 2, 5, 7, 12, 23)

### Suggested Readings

1. 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.
2. Childhood in south Asia: A critical look at issues, policies and programmes. Conn.USA: Information Age.

### PRACTICAL (Credit 1; Periods 30)

<ul style="list-style-type: none"> <li>● Use of various tools to understand care needs at different stages- childhood, adolescence, adulthood: Interview, Observation, Movies and Documentaries</li> <li>● Lectures/ Talks/workshops on- Self-care and well-being, Counselling and Yoga/meditation</li> <li>● Profile an organization to a senior citizen home/childcare institution to study care and well-being</li> <li>● Psychometric tests- Well-being scale, Self-concept tests, Subjective well-being scale (WHO), any 2 personality tests</li> </ul>	<b>30 Hours</b>
--	-----------------

### GE HS 005 : FUNDAMENTALS OF HUMAN NUTRITION

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course
		Lecture	Tutorial	Practical/		