

Semester – VIII

B.A (Prog.) with Human Development and Family Empowerment (HDFE) as Major
Category-II

DISCIPLINE SPECIFIC CORE COURSE DSC-HDFE-12: CARE AND WELL-BEING ACROSS LIFESPAN

CREDIT DISTRIBUTION, ELIGIBILITY AND PREREQUISITES OF THE COURSE

Course Title & Code	Credits	Credit distribution of the course			Eligibility Criteria	Prerequisite of the course
		Lecture	Tutorial	Practical/ Practice		
Care and Well-being across Lifespan	4	2	-	2	Class XII	Nil

LEARNING OBJECTIVES:

1. To understand the need and importance of care and well-being in human development.
2. To understand the lifespan perspective on need and relevance of care

LEARNING OUTCOMES:

After completion of the course, the students will:

1. Understand the concept and relevance of care.
2. Discuss factors and experience that promote well-being.
3. Realize the significance of wellbeing at different life stages.

THEORY:

(30 Hours)

Unit 1: Care and Human Development

(10 Hours)

Unit Description: This unit helps students conceptualize care in the context of human development.

Subtopics

- Care: Concept and Relevance
- Principles and Components of Care

Unit 2: Wellbeing and Human Development

(10 Hours)

Unit Description: This unit focuses on the concept and importance of Wellbeing

Subtopics:

- Wellbeing: Physical and Psychological
- Factors promoting wellbeing of caregivers

Unit 3: Care across Lifespan

(10 Hours)

Unit Description: This unit focuses on lifespan perspective of care and wellbeing.

Subtopics:

- Care and Crises: A lifespan Perspective
- Vulnerable periods of life requiring utmost care

PRACTICAL:

(60 Hours)

- Interview with a caregiver (house help, babysitter, nurse, etc.) to understand their problems and concerns.
- Discussion and documentation of any one episode (from one's own or someone's life) depicting vulnerability and need of care
- Review of any one self-help book/movie.
- Enlist and discuss any 3 well-being initiatives by the Government for improving physical and psychological health of its citizens.

ESSENTIAL/RECOMMENDED READINGS:

1. Santrock, J.W. (2007). *Life Span development* (3 rd ed.). New Delhi: Tata McGraw-hill.
2. Sapra, R. (Ed.). (2010) *Child Development: Issues and concerns for the well being of the child*. Vishwabharti, New Delhi.
3. 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.

SUGGESTED READINGS:

1. Seligman, M.E.P. (2002). *Authentic happiness: Using the new positive psychology to realize your potential for lasting fulfilment*. New York: Free press.
2. IGNOU. (2011). Positive psychology-2, MCFT-006 Applied social Psychology. New Delhi: IGNOU.
3. 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.
4. WHO. (2018). *Nurturing care for early childhood development: A framework for helping children survive and thrive to transform health and human potential*. (ISBN 978-92-4-151406- Available as E-manual on <https://apps.who.int/iris/bitstream/handle/10665/272603/9789241514064-eng.pdf>

Note: Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.