

Semester: I	Course Code: 22PMSWO16-1	Credit: 3
Open Elective	Course Title: Human Growth and Development	Hours: 50

Objectives of the Course:

1. To provide the students an overview of the human growth and development.
2. To appreciate the learning and motivational factors of individuals
3. To understand adjustment and concept of health.
4. To enable students to shape their perception and attitude.
5. To gain knowledge of factor influence of personality

Unit I

Teaching Hours: 10

Human growth and development: Meaning, stages of development: pregnancy and child birth - infancy – babyhood-childhood-adolescent – adulthood – middle age – old age.

Unit II

Teaching Hours: 10

Learning: Nature, definition and types; theories of Pavlov and Skinner; remembering and forgetting.

Motivation: concept of instinct: motives for survival – meaning and definition; types and characteristics of motives; hierarchy of motives; conscious and unconscious motivation.

Unit III

Teaching Hours: 10

Adjustment: Concepts of adjustment and maladjustment; stress; frustration; emotion, conflict: nature and types; Coping mechanisms: nature and types; mental health, and community mental health.

Unit IV

Teaching Hours: 10

Perception and attitudes: Perception space, depth, auditory, and visual attention; attitude: nature of attitudes, stereotypes, and prejudices, formation of attitudes, and attitude change.

Unit V

Teaching Hours: 10

Personality: Definition and structure; theories of personality: trait and type theories; important concepts of the contributions of Freud, Jung, Adler, Maslow, and Ericson; factors influencing personality development: heredity & environment; socialisation process.

Course Learning Outcomes:

1. After studied Unit-I, The students will be able to understand of human growth and developmental stage.
2. After studied Unit-II, The students will be able to get knowledge of theories of learning
3. After studied Unit-III, The students will be able to understand of factor motivate for adjustment.
4. After studied Unit-IV, The students will be able to create knowledge on perception and attitude.
5. After studied Unit-V, The students will be able to equip them with the knowledge on personality.

Prescribed Text Book:

Hurlock, Elizabeth. *Developmental Psychology a Life-Span Approach*. New Delhi: Tata

Books for Reference:

1. Anastasi, Anne. "Psychological testing ." (1968).
2. Bernard, Luther Lee. "An introduction to social psychology." (1926).
3. Clifford, T. "Morgan, Introduction to Psychology." (1971).
4. Davidoff, Linda L. *Introduction to psychology* . McGraw-Hill Book Company, 1987.
5. Hurlock E. B. *Developmental psychology*. Tata McGraw Hill. 1971.
6. Munn, Norman L., L. Dodge Fernald Jr, and Peter S. Fernald. "Introduction to psychology. (1969).

7. Bee, Helen, L. Sandra, k. Mitchell, The Developing Person - A Life Span Approach - 2nd Ed, Harper & Row Publishers, New York, 1984
8. Hall Calvin, Lindzey Gardner. Introduction to Personality Theory. New York: John Wiley and Sons, 2000.
9. Hurlock, Elizabeth. Developmental Psychology a Life-Span Approach. New Delhi: Tata McGraw-Hill, 2007.
10. Hurlock, Elizabeth, Child development, 6th Edition, International Student Ed, McGraw Hill Publishing Co, USA, 1988
11. Newman and Newman, Development through Life. U.S.A: Thomson Wadsworth, 2003.
12. Schwebel, Andrew, I. Harvey, A. Barocas. Personal Adjustment and Growth. U.S.A: Wm.C.Brown Publishers, 2000.

Mapping with Programme Outcomes										
COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO1	S	S	S	S	S	M	S	M	S	S
CO2	S	S	S	M	S	S	M	S	M	S
CO3	M	S	M	S	M	S	S	M	S	M
CO4	S	S	S	S	S	S	S	S	M	S
CO5	S	S	M	M	S	S	M	S	S	S

Note: PO – Programme Outcome, CO – Course outcome, S – Strong (3), M – Medium (2), L – Low (1)

Semester: I	Course Code: 22PMSWO16-2	Credit: 3
Open Elective	Course Title: Marriage and Family Life Education	Hours: 50

Objectives of the Course:

1. To establish a meaningful understanding of family life, marriage and responsible Parenthood.
2. To help the students to acquire the skills necessary to develop and maintain satisfying and stable relationship.
3. To gain knowledge on the services available for the welfare of the family.
4. To understand of sex education to shape good citizen in country.
5. To explore knowledge in factor contributing family organization.

Unit I

Teaching Hours: 10

The Family: Definition, Importance of the family for Individual, Types of family, changing, Trends, Characteristics and functions, the family Life Cycle – Formative, Expanding, and Contracting stages, functions and problems in the different stages.

Unit II

Teaching Hours: 10

Marriage: Definition, Types of marriages – Love, arranged, arranged love marriages. Love & Infatuation, Marriage - A sacrament, Purpose of Marriage, Positive and Negative Reasons for marriage – right outlook, Need for marital preparation and Pre Marital Counseling, Dating, Courtship, Choosing the Life Partner, Premarital Intimacy.

Unit III

Teaching Hours: 10

Conjugal Harmony: Husband and Wife relationship: Differences between Men and Women, Accepting Differences, mutual adjustments, changing roles of husband & wife today (Career Women), and appropriate division of roles. Communication in Marriage; Importance of communication in marriage, Communication between partners, Importance of listening in marriage, handling conflicts in marriage, indicators of Marital Success.

Unit IV

Teaching Hours: 10

Sexuality: Definition, determinants of sexuality, Sex education – female reproductive system, Male reproductive system, fears of sex, pregnancy and birth. Family planning, family life education.

Unit V

Teaching Hours: 10

Family Disorganization: Factors contributing to family Organization/Disorganization, Families in Difficult Situations: Harassment and violence in families, Addiction, Extra – marital affairs, Marital Rape, STD, HIV/AIDS, Separation, Divorce, Desertion, Single Parent Families. Need to protect yourself in marriage. Family Welfare Services Pre – marital Counseling, Family Counseling Centers, Family Court, All Women's Police Station

Course Learning Outcomes:

1. After studied Unit-I, The students will be able to understand holistic approach in family life
2. After studied Unit-II, The students will be able to known importance of marriage and marriage life.
3. After studied Unit-III, The students will be able to understand of mutual relationship between husband and wife.
4. After studied Unit-IV, The students will be able to known about sexuality and sex education.
5. After studied Unit-V, The students will be able to understand of factor related to disorganization of family.

Prescribed Text Book:

William, J., Goode, (1989), The Family; Prentice Hall of India, Pvt.Ltd., New Delhi

Books for Reference:

1. Betty, Carter and Monica, McGoldrick, The Changing Family Life Cycle – A framework for Family Therapy, II Ed.
2. Emile, Joseph, de, Smedt, (1964), Married Love – An Enquiry and Dialogue with People; Geoffrey Chapman, London.
3. Evelyn, Millis, Duvall, Family Development, II Ed.
4. Kaila, H., L., (2005), Women, Work And Family, New Delhi; Rawat Publications.
5. Kapadia, K., M., (1968), Marriage and Family in India; Oxford University Press
6. Klemers, Marriage and Family Relationships.
7. Marie, Mascarenhas, (1999), Family Life Education of Value Education.
8. Pimeta, J., Grooming you for Marriage, St. Paul's Publications.

Mapping with Programme Outcomes										
COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO1	S	S	S	S	S	M	S	M	S	S
CO2	S	S	S	M	S	S	M	S	M	S
CO3	M	S	M	S	M	S	S	M	S	S
CO4	S	S	S	S	S	S	S	S	M	S
CO5	S	S	M	M	S	S	M	S	S	S

Note: PO – Programme Outcome, CO – Course outcome, S – Strong (3), M – Medium (2), L – Low (1)

Semester: I	Course Code: 22PMSWO16-3	Credit: 3
Open Elective	Course Title: Environmental Social Work	Hours: 50

Objectives of the Course:

1. To learn basic facts about Ecology, Environment and Energy resources.
2. To create environmental consciousness and various movements
3. To gain knowledge on various issues on Environment and the roles of Movements for the Environment Protection.
4. To become aware of the various environment protection laws and role of social workers
5. To understand the roles and responsibilities of NGO's in environment protection

Unit I

Teaching Hours: 10

Environmental Issues and Consciousness: Environment degradation and pollution of Natural Resources- Air, Soil, Water, Population, Sanitation, Housing, Encroachments over Common Property Resources, Energy crisis and Rural Poverty.

Unit II

Teaching Hours: 10

Environment Consciousness: NGOs, Social Workers and Ecological Movements : Global level, People's initiatives to save their environment- Chipko Movement - Save forests movement –Mitti Bachao Andolan - Movements against big dams-Narmada and Tehri - Eco farming- Natural farming efforts.

Unit III

Teaching Hours: 10

Environment Action and Management: State and the Environment preservation -Rio Summit and its implications - Government Policies and programmes - Grassroots Organization - Women and Conservation of Environment -Panchyats and Environment. Environment Management: Role of Traditional - State controlled - people controlled and Jointly managed systems - Waste Management.

Unit IV

Teaching Hours: 10

Environment Protection Laws: The Environment Protection Act 1986 - Air Pollution Act 1987 - Water Pollution Act 1974. Power and functions of Central and State Pollution Control Boards: Type of offences by companies, procedures, and penalties. (Latest amendments may be considered while teaching these laws).

Unit V

Teaching Hours: 10

Environment protection and NGO's: Acts related to environmental protection: Forest conservation, Standards and tolerance levels – Unplanned urbanization- Environmental movements in India - Role of NGOs in Environmental issues – Government agencies in environmental protection – Social work initiatives at different levels.

Course Learning Outcomes:

1. After studied Unit-I, The students will be able to learn basic facts about Ecology, Environment and Energy resources.
2. After studied Unit-II, The students will be able to create environmental consciousness and various movements
3. After studied Unit-III, The students will be able to gain knowledge on various issues on Environment and the roles of Movements for the Environment Protection.
4. After studied Unit-IV, The students will be able to aware of the various environment protection laws.

5. After studied Unit-V, The students will be able to roles and responsibilities of NGO's in environment protection

Prescribed Text Book:

1. Agarwal S.K. 1993.Environmental protection. Himalaya Publishers, New Delhi.
2. Benny Joseph. 2005. Environmental studies. Tata McGraw Hill Publishers. New Delhi:
3. Luoma Samuel N. 1984. Introduction to environmental Issues. Macmillan Publishers. Calcutta.

Books for Reference:

1. A bbasi. S.A. 1998. Renewable energy sources and their Environmental Impact. Prentice Hall London.
2. Andromeda. 1995. New Science encyclopedia: Ecology and environment. Oxford Publishers. London
3. Cutter Susan L. 1998. Environmental Risks and Hazards. Prentice Hall London.
4. Dash Sharma P. 1998. Environment Health and development. Anmol Publishers. New Delhi.
5. Gadgil, Madhav and RamchandraGuha, 1995 Ecology and Equity; the use and Abuse of Nature in Contemporary India, New Delhi, Penguin Publishers.
6. GuhaRamchandra, 1991 The Unquiet woods, Ecological Change and Peasant Resistance in the Himalayas, New Delhi: Oxford University Press
7. Gupta Sunil. 1997. Environment Population and resources. Anmol Publishers. New Delhi.
8. Kannan 1991. Fundamentals of Environmental pollution. S. Chand. New Delhi.
9. Krishan. 1994. Fundamentals of Environmental pollution. S. Chand and Company. New Delhi

Mapping with Programme Outcomes										
COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO1	S	S	S	S	S	M	S	M	S	S
CO2	S	S	S	M	S	S	M	S	M	S
CO3	M	S	M	S	M	S	S	M	S	M
CO4	S	S	S	S	S	S	S	S	M	S
CO5	S	S	M	M	S	S	M	S	S	S

Note: PO – Programme Outcome, CO – Course outcome, S – Strong (3), M – Medium (2), L – Low (1)