



# Institute of Home Science University of Kashmir

Hazratbal Srinagar-190006-(Kashmir) J&K

[NAAC Accredited Grade A+].



## LABORATORY MANUAL (H. D)

+ **PROGRAMME:** M.SC. HUMAN DEVELOPMENT

+ **SEMESTER /YEAR:** III / 2023-24

+ **SUBJECT CODE:** HSC22311CR

+ **SUBJECT NAME:** ADVANCED STUDY IN HUMAN DEVELOPMENT II & STUDY  
OF PERSONS WITH DISABILITIES

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## **OBJECTIVES**

1. To understand the advanced stages of Human Development with specific focus on Adolescents, Youth, Adulthood and Old age.
2. To organize interactive sessions to understand the different forms of Human Exceptionalities.
3. To organize activities that foster social development in children with Disabilities and, to the maximum extent possible, assimilation into community activities.

## **INTRODUCTION**

These are the survey based practicum courses of two theory papers –Advanced study in Human development II & Study of Persons with Disabilities. Most of the assignments in this lab shall be carried out in the field. A record of each field assignment shall be maintained in the field book. The field book shall be graded periodically throughout the quarter. For the conduct of the practicum, it is mandatory to seek the permission from the particular Institution where the survey is to be done. With proper permission sought from the head of the Institution the survey shall be conducted.

## **IMPORTANT INSTRUCTIONS:**

1. Students should report to the labs concerned as per the timetable.
2. Record should be updated from time to time and the previous practical must be signed by the faculty in charge/ concerned before attending the lab.
3. Students should be present in the labs for the total scheduled duration.
4. A field diary is to be maintained by all. Careful notes should be taken during each survey.
5. Attendance is Compulsory
6. Bring the practical note book to every scheduled practical session.
7. Students must wear a lab coat.

## **LIST OF PRACTICALS**

Practical No. 01: Plan and organize life Skill Education for Adolescents and Youth about Responsible Parenthood.

Practical No. 02: Study the change in Life style after Retirement (Economic and Health problems) and their Coping Strategies.

Practical No. 03: Study the attitude of people towards Death in age group 65 years and above and prepare a report.

Practical No. 04: Individual Case study of a Child with Disability.

Practical No. 05: Review and Critique of a Person with Disabilities as portrayed by Media (Print and Electronic).

Practical No. 06: Case study of two Institutions (Composite Regional Centre & Shafaqat Special School)

Practical No. 07: Planning and Execution of activities for Special Children (Visual, Hearing impaired and Mentally Challenged) in any setting.

## **Practical No. 01**

**Aim of the practical:** Plan and organize life Skill Education for Adolescents and Youth about Responsible Parenthood.

### **General Objectives:**

1. To motivate the target group to learn about the skills of being a responsible parent.
2. To disseminate the knowledge about the different domains of the topic among the target group.

### **Specific objective:**

1. Topic related objective

### **General Introduction of the practical**

#### **Planning**

It includes the following:

1. Material required for the preparation of the teaching aid.
2. Preparation of the teaching aid.
3. Medium of language to be used.

#### **Organizing**

It includes the following:

1. Venue :
2. Age group:
3. Duration of the activity:

#### **Execution**

It includes the following:

1. Rapport building with the target group.
2. Motivation session
3. Topic introduction
4. Question/Answer session
5. General observation.

#### **Reporting**

##### **Critical Evaluation**

1. This section shall reflect the weaknesses and Strengths of the practical &
2. Applicability of the findings.

## **Practical No. 02:**

**Aim of the practical:** Study the change in Life style after Retirement (Economic and Health problems) and their Coping Strategies

### **Objectives:**

1. To study the change in life style of retirees.
2. To study and ascertain the coping strategies retirees adopt to deal with health and economic problems.

### **General introduction of the practical:**

#### **Tool used to collect information:**

1. **Questionnaire:** Students will have to frame a questionnaire on the specific topic. The questions must be framed as per the objectives of the practicum.
2. **Observation:** In addition to the basic tool employed the students shall remain vigilant in observing the basic infrastructure and overall environment of the place of survey.

### **Identification of the Sample:**

**Selection of the sample:** It shall include the retirees only.

**Gender:** Both males and females shall be included.

**Sample Procedure:** Purposive sampling

**Observational Report:** The information collected shall be consolidated and presented here.

### **Critical Evaluation**

3. This section shall reflect the weaknesses and Strengths of the practical &
4. Applicability of the findings.

### **Practical No. 03**

**Aim of the practical:** Study the attitude of people towards Death in age group 65 years and above and prepare a report.

#### **Objectives:**

1. To study the attitude of aged people towards death.
2. To ascertain the level of satisfaction towards their achievements and deeds.
3. To study their state of Integrity/Despair.

#### **General introduction of the practical:**

##### **Tool used to collect information:**

1. **Questionnaire:** Students will have to frame a questionnaire on the specific topic. The questions must be framed as per the objectives of the practicum.
2. **Observation:** In addition to the basic tool employed the students shall remain vigilant in observing the respondent's apparent state of physical and mental health and overall environment of the place of survey.

#### **Identification of the Sample:**

**Selection of the sample:** It shall include the old age people (65 years and above)

**Gender:** Both males and females shall be included.

**Sample Procedure:** Purposive sampling shall be employed.

**Observational Report:** The information collected shall be consolidated and presented here.

##### **Critical Evaluation**

1. This section shall reflect the weaknesses and Strengths of the practical &
2. Applicability of the findings.

## Practical No. 04

**Aim of the practical:** Individual Case Study of a Child with Disability.

**Objectives:**

1. To identify a child with disability
2. To study the case in detail.
3. To collect information from all sources pertaining to the case.

**General introduction of the practical:**

**Tool used to collect information:**

1. **Case study:** A format of the case study shall be designed by the students.

## Case Study Format

**Name:**

**Age:**

**Gender:**

**Religion:**

**Postal address:**

**Permanent address:**

**Qualification:**

**Nationality:**

**Family Status:**

**Language:**

**Occupation:**

## Family History

Family Member	Alive/ dead	Education	Occupation	If Dead		Attitude Towards the Individual	Temperament	Other Informat ion
				Year	Cause			
Father								
Mother								
<b>No. of Siblings</b>								
	Ist	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>			
Gender								
Age								
Occupation								



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## History of the Defect in the Family

Family Member	Type of Defect	Duration	Treatment	Prognosis

## Any associated Physical Illness

Name of the Illness	Duration	Treatment	Prognosis

**Personal History:**

**Place of Birth:**

**Mother's state of health during pregnancy:**

**Any complication at the time of Delivery:**

**Any Significant observation made at the of birth:**

**Apgar Score :**

## Major Mile Stones of Physical and Motor Development

Milestones	Age	Normal	Delayed	Remarks
<b>Crawling</b>				
<b>Sitting</b>				
<b>Standing</b>				
<b>Walking with Support</b>				
<b>Teething</b>				
<b>Talking</b>				
<b>Bowel and Urine control</b>				

# DEVELOPMENTAL MILESTONES RECORD

A general list of some of the things you might see children doing at different ages

- Able to drink from a cup
- Able to sit alone, without support
- Babbles
- Displays social smile
- Gets first tooth
- Plays peek-a-boo
- Pulls self to standing position
- Rolls over by self
- Says mama and dada, using terms appropriately
- Understands "NO" and will stop activity in response
- Walks while holding on to furniture or other support

## Toddler -- 1 to 3 years

- Able to feed self neatly, with minimal spilling
- Able to draw a line (when shown one)
- Able to run, pivot, and walk backwards
- Able to say first and last name
- Able to walk up and down stairs
- Begins pedaling tricycle
- Can name pictures of common objects and point to body parts
- Dresses self with only a little bit of help
- Imitates speech of others, "echoes" word back

- Learns to share toys (without adult direction)
- Learns to take turns (if directed) while playing with other children
- Masters walking
- Recognizes and labels colors appropriately
- Recognizes differences between males and females
- Uses more words and understands simple commands
- Uses spoon to feed self

### **Preschooler -- 3 to 6 years**

- Able to draw a circle and square
- Able to draw stick figures with two to three features for people
- Able to skip
- Balances better, may begin to ride a bicycle
- Begins to recognize written words, reading skills start
- Catches a bounced ball
- Enjoys doing most things independently, without help
- Enjoys rhymes and word play
- Hops on one foot
- Rides tricycle well
- Starts school
- Understands size concepts
- Understands time concepts

### **School-age children 6 to 12 years**

- Begins gaining skills for team sports such as soccer, T-ball, or other team sports
- Begins to lose "baby" teeth and get permanent teeth
- Girls begin to show growth of armpit and pubic hair, breast development
- Menarche (first menstrual period) may occur in girls
- Peer recognition begins to become important

- Reading skills develop further
- Routines important for daytime activities
- Understands and is able to follow several directions in a row

## **Educational History**

Educational Attainment:

Relationship with class mates, Teachers and significant others in the school:

History of Truancy:

School Phobia:

Delinquent Behavior

Sleep Pattern:

Dreams and Fantasies:

Suicidal Ideas and attempts:

Guilt Feelings

Appetite:

Bowel Habits:

Shyness/ Confidence

### **Identification of the Sample:**

**Selection of the sample:** It shall include children in the age group of 3-12 years.

**Gender:** Both males and females shall be included.

**Sample Procedure:** Purposive sampling shall be employed.

**Case study Report:** The information collected shall be consolidated and presented here.

### **Suggestions if any:**

#### **Critical Evaluation:**

1. This section shall reflect the weaknesses and Strengths of the practical &
2. Applicability of the findings.

## **Practical No. 06:**

**Aim of the practical:** Case study of two Institutions (Composite Regional Centre & Shafaqat Special School)

### **Objectives:**

1. To visit Composite Regional Centre Srinagar and prepare a case study of.
2. To visit Shafaqat Special School Srinagar and prepare a case study.

**General introduction of the practical:**

### **Tool used to collect the information:**

1. Case study
2. General Observation

## **CASE STUDY FORMAT**

### **Detailed Information of the Institute**

**Name:**

**Year of Estb:**

**Registration No.**

**Contact Details:**

**Web Site:**

**E.mail:**

**Address:**

**Funding Agencies:**

**President:**

**Vice President:**

**Prime Objectives:**

**Special School:**

**Site of the building:**

**Infrastructural Facilities:**

1. Total area of the Institute

2. Area of the building
3. Building Construction (Floor Wise)
4. Total No. of rooms
5. No. of Rest rooms
6. Prayer area
7. Meeting/ Conference/ Interaction Room
8. Store rooms
9. Dining / Kitchen
10. Recreation/ play Area
11. Library
12. Office/ Fee counter
13. Staff room
14. Canteen
15. Computer lab
16. Out door play area
17. Parking space
18. Class Rooms

**Courses Offered :**

**Duration of the Courses Offered:**

**Services Available:**

1. DDRC- District Disability Rehab Centres
2. Distribution of aids and Appliances
3. Transport Facility
4. Kitchen Facility
5. Heating Facility
6. Recreational Facilities
7. Free Services if any
8. OPD
9. Assessment cum distribution camps

**Training Programmed Organized:**

1. Orientation Programme
2. Social Welfare Programme
3. Awareness Programme
4. Vocational Training
5. Computer training

**Staff Strength:**

1. Administration staff
2. Faculty
3. Clinical staff
4. Technical
5. Non- Technical

**Head Academics:**

1. **Qualification**
2. **Length of service**
3. **Contributions**

**Significant Departments Present/ absent:**

1. **Department of Physiotherapy**
2. **Department of Occupational therapy**
3. **Department of Speech and Language**
4. **Department of Rehabilitation Psychology**
5. **Department of Visual Impairment**
6. **Department of Multiple Disabilities**

**Age group of Special children:**

**Strength of Students :**

**General Observation:**

**Report:** The information collected shall be consolidated and presented here.

**Suggestions if any:**

**Critical Evaluation:**

1. This section shall reflect the weaknesses and Strengths of the practical
2. Applicability of the findings.

**Practical No. 06:**

**Aim of the practical:** Review and Critique of a Person with Disabilities as portrayed by Media (Print and Electronic).

**Objectives:**

1. To study the attitude of society towards persons with disabilities.
2. To ascertain how the print and electronic media portrays disability.

**General introduction of the practical:**

**Tool used to collect the information:**

1. Electronic Media : Movies , TV shows etc . .
2. Print Media: Magazines, Newspapers and other print media

**Observational Report:****Critical Evaluation:**

1. This section shall reflect the weaknesses and Strengths of the practical &
2. Applicability of the findings.



## **Practical No. 07:**

**Aim of the practical:** Planning and Execution of activities for Special Children (Visually Impaired, Hearing Impaired and Mentally Challenged) in any setting.

### **Objectives:**

1. To identify children with visual impairment, hearing impairment and intellectual impairment.
2. To plan a suitable activity for visually, hearing and intellectually impaired children.
3. To foster social development in children with Disabilities.
4. To execute the planned activity in Special Schools.

### **General Introduction of the practical:**

#### **Planning**

It includes the following:

1. Selection of a suitable activity one each for the given impairments.
2. Material required for the preparation of the teaching aid/ activity.
3. Preparation of the teaching aid.
4. Medium of language to be used.

#### **Organizing**

It includes the following:

1. Venue: A special school that meets the requirements of the practicum.
2. Age group: Children in the age group of 2-12 years ( in case of non-availability may include adolescents also)
3. Duration of the activity: As per the type of activity

#### **Execution**

It includes the following:

1. Rapport building with the target group.
2. Motivation session
3. Topic Introduction
4. Participatory Session
5. General observation.

#### **Reporting:**

##### **Suggestions:**

##### **Critical Evaluation:**

1. This section shall reflect the weaknesses and Strengths of the practical &
2. Applicability of the findings.
  
3. This section shall reflect the weaknesses and Strengths of the practical &
4. Applicability of the findings.