

Unit –I

Introduction to Human Development

- Concept, need and significance of human development, Principles of growth and development.
- Foundation of the developmental pattern: Dimensions of human development, Stages and conditions affecting pre-natal development.
- Childhood Development: Historical foundations of child development
- Adolescent Development: Characteristics, Developmental tasks, Physical changes and mental health of adolescents.

Unit – II

Methods of Studying Human Development

- Different methods of studying Human Development: Objective, subjective and projective techniques, inventory Scale, Test.
- Observation and Interview (Types, advantages & disadvantages).
- Questionnaire and Case Study (Types, advantages & disadvantages).
- Psychometric methods- concepts and types.

Unit – III

Early Childhood Care and Education

- Introduction to ECCE: Need, Scope and Objectives of ECCE.
- Contribution of Rousseau, Froebel and Montessori towards the development of ECCE.
- History and Trends of ECCE in India: Development of Pre-School Education in India, NEP 2020 and the latest trends of ECCE
- Administrative concerns, issues and problems: Staff, Equipment, location and site, child assessment organization of the ECCE centres.

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Unit –IV

Parenting in Early Childhood

- Individual Parenting Roles: Changing concepts of parenthood and childhood, determinants of parenting behaviour.
- Characteristics of the parenting roles: The mothering role, The fathering role.
- Developmental Interaction in Early Childhood Years: Parents role in developing self awareness in children, family relations and communication.
- Techniques of parent Education in preschool Setting: Parent Library, toy Library, parents corner.

Unit – V

Development Through Adulthood

- Early Adulthood: Developmental tasks, Physical and Cognitive Development, Psycho-Social Development, Marital adjustment, Parenthood.
- Middle Adulthood: Developmental tasks, Physical and Cognitive Continuity, relationships at mid-life.
- Late Adulthood: Developmental Tasks, Cognitive Changes, Inter-generational relations, retirement from formal work.
- Ageing and Death: Stages of Dying and grief, Death and Bereavement.

Unit – VI

Fundamentals of Food Science and Nutrition

- Introduction to Food Science: Food Groups, Functions of Food, Factors affecting Food Habits.
- Introduction to Nutrition: Carbohydrates, Lipids, Proteins, Vitamins & Minerals- Sources & Functions in the body.
- Introduction to Cooking & Preservation: Methods and Principles.
- Menu Planning: RDA, Balanced Diet, Use of food pyramid & exchange list.

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Unit – VII
Human Physiology

- Cardiovascular System: Structure & functions of heart , blood pressure
- Respiratory System: Structure of lungs and mechanism of respiration
- Digestive system: Structure & functions
- Reproductive System: Structure & functions.

Unit – VIII
Principles of Food Science

- Evaluation of food by sensory and objective methods: Factors affecting acceptability of Foods.
- Milk Cookery: Properties of milk Proteins, uses of milk.
- Egg Cookery: Uses of egg as an emulsifying and a binding agent.
- Fats and Oils: Uses in Food Preparation, hydrogenation and rancidity.

Unit –IX
Life Span Nutrition

- Basic concepts of meal planning: Principles of meal planning.
- Nutrition during Adult Years: Pregnancy and lactation.
- Nutrition during childhood: RDA & nutritional requirements.
- Nutrition during Adolescence RDA & nutritional requirements.

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Unit – X

Public Nutrition

- Assessment of Nutritional Status: Methods & application-ABCD techniques
- Malnutrition: Causes and Indicators
- Common Nutritional Deficiencies: Prevalence and management of PEM, Iron deficiency anemia, Vitamin A deficiency.
- Strategies to combat nutritional problems: Nutrition policies & programmes.

Unit – XI

Developmental Communication and Extension

- Introduction to Extension and Communication: Need, Importance, Objectives, Principles, Scope, Challenges; Extension Education System.
- Extension Programme Planning: Process, steps, characteristics, principles and involvement of people; Extension Administration
- Extension Teaching Methods and Communication: Concept, functions, channels, problems, approaches.
- Extension teaching methods: Classification and methods

Unit – XII

Communication systems and Social Change

- Understanding Self: Awareness of self in communication; Intrapersonal communication; Self-concept; Self esteem
- Interpersonal Communication: Concept, types and functions of interpersonal communication; Dyadic, small and large group communication.
- Organisation, Public Communication: Organizational communication: concept, types and networks; Public communication-concept and techniques
- Mass Communication: Concept, functions, elements and theories of Mass communication

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Unit – XIII
Media, Culture and Society

- Social Construction of Gender: Concept of gender; Differences between gender and sex; Patriarchal social order and status of women; Role of media in construction of gender
- Gender and Development: Concept of gender and development; Indicators of human and gender development;
- Women Issues: Status, issues and challenges in context to violence against women; Women's work and economic participation
- Gender and Media: Mainstream media and gender, Gender and media ethics; representation of women in media in political, cultural and social image; Gender stereotypes; Gender and ICTs.

Unit – XIV
Extension Programme Planning

- Extension Programme planning: Concept, Components, Principles of programme planning as applied to extension programme, Steps in extension programme planning
- Programme planning models: Programme Planning models, Types of plans, nature, characteristics, Steps in planning, importance of extension programme planning
- Monitoring and programme evaluation: Meaning and concept of monitoring and evaluation, programme implementation, Scope.
- Feedback in Management: Feedback systems and role of Management Information Systems (MIS); Report writing and documentation.

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