

Anekant Education Society's
Tuljaram Chaturchand College of Arts, Science and Commerce, Baramati
(Autonomous)

Department of Psychology

Certificate Course Name: Certificate Course in Growth and development of Human Life Span

Course Code: CC013

No. of Lectures: 30

No. of Credits: 02

Course Objectives:

1. Gain comprehensive knowledge of human development from conception through adolescence, including physical, cognitive, and emotional milestones.
2. Explore the importance of maternal health and the role of diet, psychological well-being, and physical health in preparing for parenthood and ensuring healthy child development.
3. Identify common developmental disorders and understand their impact on children's growth, along with intervention strategies including psychological support and yoga.
4. Analyze the role of family dynamics in child development and the significance of premarital counseling and mate selection in fostering healthy relationships and effective parenting.

Course Outcomes:

1. Students will be able to articulate key developmental milestones from infancy to adolescence and explain the factors influencing each stage.
2. Students will demonstrate an understanding of healthy lifestyle choices and psychological practices that support expectant mothers and foster optimal child development.
3. Students will be equipped to identify signs of developmental disorders and apply appropriate intervention techniques, including psychological methods and mindfulness practices.
4. Students will evaluate the impact of familial support and effective mate selection on child development, and they will be able to articulate the benefits of premarital counseling in building strong family foundations.

Sr. No.	Contents
1.	How life begins.
2.	Preparation for parenthood.
3.	Importance of healthy motherhood (Diet, Psychological wellbeing, physical health).
4.	Importance of Yoga and Meditation during pregnancy.
5.	Development from Infancy to Puberty (Physical, Cognitive).
6.	Developmental disorder: ADHD, Autism, Dyslexia, Dyscalculia, Dysgraphia.
7.	Importance of diet, sport and exercise during puberty.
8.	Problems in puberty- Addiction.
9.	Intervention- Psychological and yoga.
10.	Development during adolescence- Physical.
11.	Development during adolescence: Emotional, Social, Identity, Cognitive.
12.	Health Care and Hygiene.
13.	Role of family in facilitating children's development.
14.	Preparation of marriage- Mate selection.
15.	Need of Pre-marital counseling.

Head
Dept. of Psychology

