





# **Growth and Development of Individual**

## **Content Structure**

- 1.0 Learning Objectives**
- 1.1 Introduction**
- 1.2 Definitions**
- 1.3 Maturation and Learning**
- 1.4 General Manifestations of Growth**
- 1.5 Human Development and Developmental Psychology**
- 1.6 Principles of Growth and Development : Human Development Principles**
- 1.7 Factors influencing Human Growth and Development: Nature vs. Nurture**
- 1.8 Stages of Human Development**
- 1.9 Factors affecting Pre-Natal Develop**
- 1.10 Sequence of Development and Rate of Development**
- 1.11 Major Development Period : Infancy to Oldage**
- 1.12 Conclusion**
- 1.13 Self-Assessment Questions**
- 1.14 Suggested Readings and References**

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## **1.0 Learning Objectives**

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In this module, you shall be introduced to the various concepts used in the context of development psychology, clarify their meaning and prescribe necessary definition. After reading this module, you should be able to understand the following concepts :

- Growth and development of individual
- Growth, development, maturation.
- Principles of human development,
- Heredity vs. environment
- Roles of heredity and environment in human development.



































## **Stages of Human Development**

### **Content Structure**

#### **2.0 Learning Objectives**

#### **2.1 Introduction**

#### **2.2 Concept of Life span Development**

**2.2.1 Developmental Psychologists have divided the total lifespan of human development in the following stages**

#### **2.3 Developmental Tasks during the Life Span**

#### **2.4 Stages of Human Development**

##### **2.4.1 Prenatal Stage**

##### **2.4.2 Infancy**

**2.4.2.1. Motor Development during Infancy**

**2.4.2.2 Sensory Abilities during Infancy**

**2.4.2.3 Cognitive Development during Infancy**

**2.4.2.4 Socio-emotional Development during Infancy**

**2.4.2.5 Personality Development during Infancy**

**2.4.2.6 Hazards during Infancy**

##### **2.4.3 Babyhood**

**2.4.3.1 Physical Development during Babyhood**

**2.4.3.2 Speech Development during Babyhood**

**2.4.3.3 Emotional and Social Development during Babyhood**

**2.4.3.4 Play Development during Babyhood**

**2.4.3.5 Personality Development during Babyhood**

**2.4.3.6 Hazards in Babyhood**

##### **2.4.4 Early Childhood**

**2.4.4.1 Physical Development during Early Childhood**

**2.4.4.2 Motor Development during Early Childhood**

**2.4.4.3 Skills of Early Childhood**

**2.4.4.4 Cognitive Development during Early Childhood**

**2.4.4.5 Speech Improvement during Early Childhood**

**2.4.4.6 Emotions during Early Childhood**

**2.4.4.7 Social Development during Early Childhood**

































































































# **Health, Hygiene and Health Management**

## **Content Structure**

### **3.0 Learning Objectives**

### **3.1 Introduction**

### **3.2 Concept of Health**

### **3.3 Hygiene and Health Management**

#### **3.3.1 Understanding Hygiene**

#### **3.3.2 Types of Hygiene**

##### **3.3.2.1 Understanding of personal and mental hygiene**

##### **3.3.2.2 Main objectives of personal and mental hygiene**

#### **3.3.3 Maintenance of personal health and hygiene**

##### **3.3.3.1 Care of skin**

##### **3.3.3.2 Care of hair**

##### **3.3.3.3 Care of teeth**

##### **3.3.3.4 Care of eyes**

##### **3.3.3.5 Care of the ears**

##### **3.3.3.6 Care of hands**

##### **3.3.3.7 Menstrual Hygiene**

##### **3.3.3.8 Rest and sleep**

#### **3.3.4 Maintenance of mental hygiene**

##### **3.3.4.1 Physical**

##### **3.3.4.2 Emotional**

##### **3.3.4.3 Intellectual**

##### **3.3.4.4 Behavioural or social**

#### **3.3.5 Environmental Hygiene**

##### **3.3.5.1 Physical**

##### **3.3.5.2 Biologic**

##### **3.3.5.3 Social**

#### **3.3.6 Maintenance of environmental health**

##### **3.3.6.1 Water pollution**









































## **Reproductive and Child Health**

### **Content Structure :**

#### **4.0 Learning Objectives**

#### **4.1 Introduction**

#### **4.2 Mother and Child : A Single Unit**

#### **4.3 Maternal Morbidity and Mortality**

##### **4.3.1 Definitions :**

##### **4.3.2 Causes of Maternal Morbidity and Maternal Mortality**

##### **4.3.3 Determinants of Maternal Mortality in India Measures to reduce Maternal Mortality**

#### **4.4 Infant Mortality and Infant Morbidity**

##### **4.4.1 Definitions**

##### **4.4.2 Infant Mortality Rate**

##### **4.4.3 Types of Infant Mortality**

##### **4.4.4 Cause of Infant Mortality and Infant Morbidity**

##### **4.4.5 Factors Influencing Infant Mortality**

##### **4.4.6 Decline of Infant Mortality**

##### **4.4.7 Prevention of Infant Mortality and Infant Morbidity**

#### **4.5 Maternal and Child Health Programmes and Schemes**

##### **4.5.1 Objective of MCH**

##### **4.5.2 Goals of MCH**

##### **4.5.3 The current scenario of India**

##### **4.5.4 Maternal health problems**

##### **4.5.5 Indicators of MCH**

##### **4.5.6 Recent trends in MCH**

##### **4.5.7 Targets of MCH**

##### **4.5.8 Organizational activities of MCH Services**

##### **4.5.9 Maternal and Child Health Services**

##### **4.5.10 National Family Welfare Programmes (1952)**

##### **4.5.11 Integrated Child Development Services (ICDS) : A scheme for children by GOI**

###### **4.5.11.1 Objectives of ICDS**

###### **4.5.11.2 ICDS beneficiary and Services**





































# Communicable and Non-Communicable Diseases

## Contents Structure

- 5.0 Learning Objectives**
- 5.1 Introduction**
- 5.2 Major Communicable diseases in India**
  - 5.2.1 Chain of events for Infectious Diseases to develop**
  - 5.2.2 Important terms used in Communicable diseases**
  - 5.2.3 Transmission of infectious agents**
  - 5.2.4 Classification of Communicable Diseases**
- 5.3 Incubation Period, Sources of Infection, Mode of Transmission, Clinical Presentation and Prevention of major Communicable Diseases in India**
- 5.4 Prevention and control of communicable disease (General measures)**
- 5.5 Non-Communicable Diseases in India**
  - 5.5.1 Characteristics of NCD**
  - 5.5.2 Common NCD's**
  - 5.5.5 Problem of NCDs**
  - 5.5.6 Impact of chronic diseases**
  - 5.5.7 Lifestyle diseases (LSD)**
  - 5.5.8 Causes of Non-Communicable Diseases**
  - 5.5.9 Prevention of NCDs**
  - 5.5.10 Non-Communicable Diseases : Indian Scenario**
- 5.6 Various Health Programmes in India**
  - 5.6.1 Communicable diseases**
  - 5.6.2 Non-communicable diseases**
  - 5.6.3 Health system strengthening programs**
- 5.7 Conclusion**
- 5.8 Self-Assessment Questions**
- 5.9 Suggested Readings and References**

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## 5.0 Learning Objectives

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Objectives of the study is to realize :

- To have the basic idea about different communicable diseases, their transmission and control measures.
- To have an understanding of noncommunicable diseases or lifestyle disorders and the basic factors responsible of the emerging rise to these diseases and their control measure.
- Basic knowledge of various health programmes in disease control.











































