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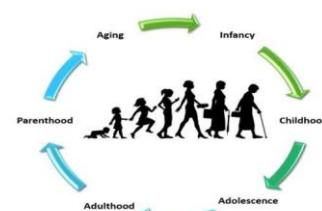
Dr. Debomita Sikdar is an Associate Professor in the Department of Home Science, University of Calcutta. Her areas of interest in research are Child Development, Child Welfare, Adolescent Mental Health, women's studies and Gerontology.

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Home Science means the art of managing your resources efficiently and the science of achieving a healthy and happy home as well as successful career. There are five major components or areas of specialization in Home Science.



Human Development is an integral part of the discipline Home Science. It focuses on human growth and development throughout the life-span and on the familial, social, cultural and political networks in which the individual develops. This is the science of 'better living' and the core of the



speciality is the family environment.

The course offers an interdisciplinary approach to understand individual and family development across the lifespan by facilitating the students to have advanced theoretical knowledge, practical and research skills as well as to develop professional and entrepreneurial skills related to various fields of Human Development like Early childhood education, Children with special needs, Geriatric care, Assessment of Child Development and Problem behaviours, Guidance and Counseling services, Child and Family welfare programmes, so that students would be proficient enough to address issues and concerns of individual, family and community.

The course also permits students to carry out the research studies so that students get to analyze and constructively address contemporary issues faced by diverse children, youth, families, and communities. Students are also engaged in practical and field work. These settings include early childhood education centres such as preschools, health care agencies, special education institutes, NGOs and so on.

As an applied subject, it is focused on family life, parenting, parent-child relationship, family stress, coping strategies, across the life span which further help students how they can deal with sensitive situations and strengthen relationship and behaviours in their life and

promote mental health. The subject is also important for family welfare and well-being, which indirectly helps in nation building.

The subject has strong research and statistics base, thus it conducts quality research in different areas of human development for the betterment of society. It has broad social application. Students of Human Development are pursuing careers as counselors, project officers in different NGOs, ICDS centres and old age homes.

Objectives of the curriculum

- To facilitate the students to work professionally and efficiently in Academics, Research, Curriculum Development, Management of institutions and welfare programs, Training, Extension and Community Services related to Human Development.
- To describe the distinctive growth and development of individuals from conception to late adulthood, as well as to understand family issues and developmental challenges that occur due to biological and ecological conditions.
- To enable students to pursue higher education and research in Infant, Child, Adolescent growth and development, Marriage and Family, Parenting, Early childhood education, Challenged children and special education, Reproductive health, Genetic problems and counseling, Adulthood and aging, Family and child welfare program.
- To gain the skills to establish Entrepreneurial setups like Early childhood educational centre, Centre for Special Children, Home for aged, Home for Orphans and destitute, Short stay homes for women in difficult circumstances.

To develop effective skills to extend guidance and counseling services to needy people, to identify the developmental challenges through scientific measures and to provide a stimulating environment and intervention for needy people for their optimum development.

Human Development curriculum deals with the study of how people develop physically, emotionally and socially within the context of the self, family and society from conception till death. The course offers an interdisciplinary approach to understand individual and family development across the lifespan by facilitating the students to have advanced theoretical knowledge, practical and research skills as well as to develop professional and entrepreneurial skills related to various fields of Human Development like Early childhood education, Children with special needs, Geriatric care, Assessment of Child Development and Problem behaviours, Guidance and Counseling services, Child and Family welfare programmes, so that students would be proficient enough to address issues and concerns of individual, family and community.

A hallmark of the program is to provide students with hands-on opportunities to use the knowledge and skills gained in the classroom in professional work settings during the study period. The program also permits students to carry out the research studies so that students get to analyze and constructively address contemporary issues faced by diverse children, youth, families, and communities. Human Development prepares students to address pressing issues

and problems in societies across the globe. Students of human development are prepared to improve the lives of children, adolescents, adults, and families through innovative research and outreach programs offered by the department.

Human Development curriculum provides a broad study of the physical, mental, emotional, social and moral development of individuals and families. Specializing in Human Development enables students to work across life span and life course i.e. from infancy through old age, couples and family relationships, research methods, parent-child relations, family health and well-being, parent education and support, gender studies and cultural diversity in families. In addition to theory classes, all students engage in practical and field work. These settings include early childhood education centres such as preschools, health care agencies, special education institutes, NGOs and so on.

Graduates and Postgraduates are prepared for careers such as Preschool/Elementary School or Special Education Teachers, Human Services Administrator or Day Care Director, Corporate Trainer and careers in human and family service organizations. Students can also pursue graduate or professional courses in a variety of fields including health care and child life programs, education, family law, counselling, occupational therapy, program evaluation, and such.

Scope of Human Development

Students of Human Development can work in schools, special schools, rehabilitation centres, research centres, early childhood centres, also as trainers, consultants and can be engaged in entrepreneurial ventures.



Career opportunities for Human Development students

- ❑ **Teaching and Research**
 - Assistant teacher in Higher Secondary Schools
 - College /University Teaching
 - Research Opportunities
- ❑ **Early Childhood Care and Education**
 - Pre-school Teacher
 - Programme Planner in pre-school
 - Academic Co-ordinator in Pre-school
 - Childcare Center Director
 - Early Childhood Content Developer
 - Day Care Teacher
- ❑ **Child With Special Needs (B. Ed in special education)**
 - Special Educator in schools/ Inclusive Educators
 - Early Intervention Specialist/Early Childhood Teacher

- Therapeutic Recreation Specialist
- Special Education Administrator
- Educational Therapist
- ☐ **Administration**
 - Government Sector
 - ✓ Department of Women and Child Development
 - ✓ Integrated Child Development Services
 - ✓ Foster Care Services
 - ✓ Rehabilitation Services
 - ✓ Department of Social Welfare
 - ✓ Department of Disabled Welfare
 - ✓ Rural Development
 - ✓ Department of Health and Family Welfare – Health Counselor
- ☐ **Developmental Psychology**
 - Research facilities
 - Elderly assisted living homes
 - Teen outreach programs
 - Homeless youth programs
 - Hospitals
 - Psychiatric institutions
- ☐ **Women and Gender Studies**
 - Social worker or counselor
 - Counselor, specializing in women's rights, human rights, family law, or other areas
 - Project manager in a non-governmental organization (NGO)
 - Program coordinator in a women's center
- ☐ **Non-Government Sector**
 - Level - National/State/Local level organizations
 - Institutes
 - Working for the welfare of Women
 - Child welfare
 - Elderly welfare
 - For example: (CINI, Right Track Foundation, CLOPA, Ashadeep, CMIG)
- ☐ **Resource person**
 - Child Counseling Centre
 - ECCE
 - Normal school/Residential schools
 - Centre for Challenged children
 - Family Counselor
- ☐ **Self-employment**
 - Nursery School, Play Home, Day Care Centre
 - Special Education School for Challenged Children – Mentally, Physically, etc.
 - Protection Homes – Orphans, Destitute, Neglected and Street Children

- Working Women's Hostel, Home for Elderly Citizen
- Running own Child Care and Counseling clinics

New Initiatives

- An internship program will help the students for gaining firsthand knowledge and better understanding of the community through guidance and counseling, inclusive education, old age homes, ICDS centres, etc.
- The students should come forward for community services and advocacy so that they can create more awareness among the masses about their rights.
- Opening mental health units for assessing the risk behaviours among adolescents and promoting mental health among adolescents.
- More workshops should be conducted to raise awareness among parents, teachers and students regarding physical and psychological health issues.

Photo Gallery

