

## MEE-D114\_ Guidance and Counseling and Pre-natal -Post Natal Nurturing

### Objective

#### To enable student to

- Understand the concept and process of Guidance.
- Understand the concept and process of counseling.
- Apply his/her knowledge in society.
- Develop understanding about the various perspective of research in Guidance and Counseling.
- Understand the process of child development.
- Understand the stages of child development
- Know about development in pre and post natal stages.
- Guide couples and parents about pre natal and post natal care.
- Counsel couples and parents about pre natal and post natal care.

Paper	Guidance and counseling for Pre- natal and Post- Natal care	Credit
<b>Unit-1</b>	<b>Guidance and counseling</b>	<b>1</b>
a	Nature and Scope of Guidance and Counseling	
b	Principles and types of Guidance and Counseling	
c	Use of Non-testing and testing techniques	
d	Guidance and Counseling centers – Need, Objectives, Functions	
e	Factors effecting the functioning of centers, Structure and establishment of guidance and counseling centers	
<b>Unit-2</b>	<b>Guidance &amp; counseling for Child development</b>	<b>1</b>
a	Promoting well-being	
b	Seeing, thinking and doing in infancy	
c	Attachment to others	
d	The family - Nature and function of the family, mother, father and sibling, maternal employment and child care, challenges in family	
e	Socio-cultural aspect and child development	
<b>Unit-3</b>	<b>Pre – natal Guidance and counseling for parents</b>	<b>1</b>
a	Pre –conception stage	
	a. Physical – Weight management, Food and Nutrition, Menstrual cycle, Body check up for hereditary and genetic diseases	
	b. Mental- Reading, Thought processing, Positive thinking, Stress management, Anxiety management	
	c. Physiological – Aasan, Pranayam, Aerobics	
	d. Intellectual- Different thinking patterns, Reading, exercise for intellectual development	
	e. Spiritual – To develop Relaxation techniques, Slow music, Meditation, Love, Aesthetic sense, Bliss	
b	Post – conception	
	a. Physical- Weight management, Food and Nutrition-diet management (Month wise), Bath, clothes	
	b. Mental- Reading(Month wise), Art and craft, Emotional development(Music, Songs, Story, Real life incidents) Stress management, Anxiety management	
	c. Physiological – Aasan, Pranayam, Aerobics (Month wise)	

	d. Intellectual- Different thinking patterns, Problem solving	
	e. Spiritual – To develop Relaxation techniques, Slow music, Meditation, Sanskar process, Love, Aesthetic sense, Bliss and Fearlessness	
<b>Unit-4</b>	<b>Post – natal Guidance and counseling for Parents</b>	<b>1</b>
a	0 – 1 year old	
	a. Physical – Breast feeding, Massage (Both- Mother & child), Clothes, Sleep, Some common diseases and home treatment, Toys, Sensory organ development, Some peculiar habits of children, its causes and remedies, Food and Nutrition (Both- Mother & child).	
	b. Mental- Love, Protection, Motivation, Emotional development, Music- lullaby’s	
	c. Physiological – Aasan, Pranayam, Exercise, Massage	
	d. Intellectual – Toys, Listening, Hearing	
	e. Spiritual – Meditation, Relaxation, Relationship with Universe, sanskar process, spiritual Environment of home	
b	1 – 3 year old	
	a. Physical – Introduction to “PANCHMAHABHUT”, Development of sensory organs, Toys, Health related habits, Clothes, Some common diseases and home treatment, play	
	b. Mental- Love, Protection, Motivation, Emotional development, Music, Story telling	
	c. Physiological – Aasan, Pranayam in an informal way; Exercise, Massage	
	d. Intellectual – Toys, Development of Language, Language control, hearing, play	
	e. Spiritual – Meditation, Relaxation, Relationship with Universe, Sanskar process, Environment of home, Aesthetic sense	
c	3- 5 years old	
	a. Physical – Introduction to “PANCHMAHABHUT”, Food and Nutrition, Habits in daily life, Toys, Habits of food, Some common diseases and home treatment, play	
	b. Mental- Love, Protection, Motivation, Emotional development, Music, story telling	
	c. Physiological – Aasan, Pranayam in a formal as well as informal way , Exercise	
	d. Intellectual – Observations, Different thinking pattern, language control; cognition process;	
	e. Spiritual – Love, Meditation, Relaxation, Relationship with Universe, Sanskar process, spiritual Environment of home, Aesthetic sense, bliss	

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