

**VAC Name: Basics of Child Psychology  
(VAC-HSC-11)**



**SHAHEED BABA DEEP SINGH**

**Department of Home Science**

**FACULTY OF ARTS & SOCIAL SCIENCES**

Email ID- [hsc@subharti.org](mailto:hsc@subharti.org), Website – [www.subharti.org](http://www.subharti.org), Contact

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**SWAMI VIVEKANAND SUBHARTI UNIVERSITY**

Subhartipuram, NH-58, Delhi Haridwar Meerut Bypass Road, Meerut-  
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Ref. No. /Notice/HSC/2017-18/26

02 /01/2018

**NOTICE**

Value Added Courses are being organized by Department of Home Science from 15/01/2018. Interested students are requested to contact Dr. Nishma and Ms. Shalu Nehra for the registration.

S.No.	Name of Course	Programe Coordinator	Date
1	Child and women Rights	Dr. Nishma Singh	15/Jan /2018
2	Maternal and Child Nutrition	Dr. Nishma Singh	02/April/2018
3	Basics of child Psychology	Dr. Nishma Singh	03/ Oct/2018
4	Human Psychology	Dr. Nishma Singh	04/Dec/2018
5	Mental Health and Hygiene	Ms. Shalu Nehra	1/August/2019

All the above courses are free and a Certificate shall be provided at the end of the session.

Dr. Jyoti Gaur

(Head Department of Home Science)

DEPARTMENT OF HOME SCIENCE  
S. V. Subharti University, Meerut

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## Department of Home Science

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### Syllabus

Value Added Course

Child Psychology

- Stages of Development
- Cognitive Process
- Social Psychology
- Emotions in Everyday Life
- Appreciating Diversity
- Gender Roles
- Behaviour Problems of Children
- Problems of Infancy, childhood, adolescence

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**DEPARTMENT OF HOME SCIENCE**  
S. V. Subharti University, Meerut

## **REPORT**

### **VALUE ADDED COURSE ON “BASICS OF CHILD PSYCHOLOGY”**

**PROGRAMME NAME: “BASICS OF CHILD PSYCHOLOGY”**

**Date of VAC: 3/10/2018-01/11/2018**

**Venue: Department of Home Science**

**Time: 2:00-3:00**

**Duration of the course - 30 hours**

**Name of the Faculty- Dr. Nishma Singh**

School plays an important role in the personality development of students. This is the need of the hour as it is essential for the holistic development of children and their survival in this competitive world.

From 3/10/2018-01/11/2018, 27 students of various streams attend the Value Added Programme conducted by “Shaheed Baba Deep Singh, Department of Home Science Swami Vivekanand Subharti University Meerut”. Students from other schools also participated in the programme. The course was taken by Dr. Nishma Singh, Faculty of the Department of Home Science.

She started the course with a very creative introductory session, where she introduced the stages of development and ask students to interact in a novel way.

This was followed by a discussion on The Self, one’s desires, dreams, passions and motivations. Students were told how important their dreams and desires are for developing the personality. It was stressed that they need to have a passion in life. Students were also given tips on how to increase their self-esteem. They were also encouraged to be optimistic and to have a positive approach about everything in life. Most importantly, it was emphasized that they should love themselves and never lose confidence.

In the next activity, the students were divided into 4 groups and each group was allotted a topic for role play. Each group had to conceive an appropriate skit representing their topic. All the members of the group had to participate in the role play and in the end one member from each group had to speak about the life skills portrayed in the play. It was indeed fun for all the students as they got an opportunity to display their acting prowess!

The value added course on is geared at providing students with psychologically relevant tips and tricks to improve their concentration and to get them to attend to anything from studies to hobbies, better. This is aimed at new age kids who are addicted to gadgets and unable to focus on anything for more than very brief periods.

Competitiveness and the quest for excellence creates a lot of stress in the minds of students. Board examinations are given a lot of importance. Parents and teachers are also somewhat responsible for this. This workshop is aimed at teaching students how to understand their own examination stress and giving them coping strategies.

**Some other aspects of this value added course was-**

- Stages of development.
- Cognitive process.

- Social psychology.
- Emotions in everyday life.
- Appreciating diversity.
- Gender roles.
- Behavior problems of children.
- Problems of infancy, childhood, adolescence.

To sum up, it was a well thought out value added course of motivating the students to discover themselves.



Group Photograph after completion of Value Added Course

*[Handwritten Signature]*  
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**DEPARTMENT OF HOME SCIENCE**  
S. V. Subharti University, Meerut

## List of students

### Value Added Course- Child Psychology

Swati Sharma
Km Nitika
Priyanshi Baghel
Jagrati
Disha Verma
K Lalruatfeli
Ramdinsangi
Vanshika Chaudhary
Parul
Garima Maurya
Lalawmpuii
Km Sweta
Divya Dubey
Faiza Akhlaq
Bhuvisha Minglani
Muskan Jain
Priyanka
Rachna
Jyoti Gupta
Tisha Jain
Kapeesh Singhal
Saloni Agrawal
Pooja
Ankit
Lavish Saini
Sidra Saeed
Anushka

  
Registrar  
Swami Vivekanand  
Subharti University  
MEERUT

  
HEAD  
DEPARTMENT OF HOME SCIENCE  
S. V. Subharti University, Meerut



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**Certificate of Completion**

THIS ACKNOWLEDGES THAT

Disha Verma

has successfully completed  
30 hours value added course on  
**'Basics of Child Psychology'**  
(October 3 - November 1, 2018)

**Dr. Jyoti Gaur**  
Head, Department of Home Science

HEAD  
DEPARTMENT OF HOME SCIENCE  
S. V. Subharti University, Meerut

**Dr. Nishma Singh**  
Program Coordinator



**Department of Home Science**  
**Swami Vivekanand Subharti University**  
Subhartipuram, NH-58, Delhi Haridwar Meerut Bypass Road, Meerut-250005

**Certificate of Completion**

THIS ACKNOWLEDGES THAT

Swati Sharma

has successfully completed  
30 hours value added course on  
**'Basics of Child Psychology'**  
(October 3 - November 1, 2018)

**Dr. Jyoti Gaur**  
Head, Department of Home Science

HEAD  
DEPARTMENT OF HOME SCIENCE  
S. V. Subharti University, Meerut

**Dr. Nishma Singh**  
Program Coordinator



**Department of Home Science**  
**Swami Vivekanand Subharti University**  
 Subhartipuram, NH-58, Delhi Haridwar Meerut Bypass Road, Meerut-250005

## Certificate of Completion

THIS ACKNOWLEDGES THAT

Priyanka Baghel

has successfully completed  
 30 hours value added course on  
**'Basics of Child Psychology'**  
 (October 3 - November 1, 2018)

**Dr. Jyoti Gaur**  
 Head, Department of Home Science

HEAD  
 DEPARTMENT OF HOME SCIENCE  
 S. V. Subharti University, Meerut

**Dr. Nishma Singh**  
 Program Coordinator



**Department of Home Science**  
**Swami Vivekanand Subharti University**  
 Subhartipuram, NH-58, Delhi Haridwar Meerut Bypass Road, Meerut-250005

## Certificate of Completion

THIS ACKNOWLEDGES THAT

Km. Nitika

has successfully completed  
 30 hours value added course on  
**'Basics of Child Psychology'**  
 (October 3 - November 1, 2018)

**Dr. Jyoti Gaur**  
 Head, Department of Home Science

HEAD  
 DEPARTMENT OF HOME SCIENCE  
 S. V. Subharti University, Meerut

**Dr. Nishma Singh**  
 Program Coordinator

Registrar  
 Swami Vivekanand  
 Subharti University  
 MEERUT